

Activate Your Senses Engage the Healing Power of Nature



Let nature surround you to activate your senses, as a source of healing, and to experience a unique sense of place where ever you are! Slow down your pace. Observe. Be curious. Rediscover the outdoors and become a respectful companion.
The returns are infinite.

In the outdoor world, every **Place** is unique. Its history, geography, purpose and weather are different.

Being outdoors presents an abundance of sights, sounds and scents. **What do you see? What do you hear? What do you feel on your skin? How does your body feel? Do questions rise in your mind?**

When was the last time you stepped outside and stopped to feel a breeze blow across your face and a chill on your arms?

When have you looked up at the sky to watch clouds moving through the air and changing shape. Where they moving fast or slow? What did they remind you of? Have you wondered why they can hang suspended in the air?

Where was it when you listened to a bird sing good morning song or a warning to stay away? Have you listened to ducks quacking as they swim by you, or watched them fly in and splash into the water as if they were water skiing?

Have you seen Canada Geese flying in formation over your head and listened to them honking as they pass? Wondered what they might be saying?

Do you recognize the sweet scent of honeysuckle, jasmine or orange blossoms that are soon to yield fruit?

Have you thought about why some tree branches twist and bend as they grow and others grow straight and tall? Why do other trees lean way over?



Healing Power of Nature Reaches Across our Lifespan

Hundreds of studies conducted by public and private agencies, universities and nonprofit organizations and authors in recent years document the healing power of nature.



1. Reduces incidence of childhood obesity
2. Builds healthy bones, muscles and joints across the lifespan
3. Reduces incidence of diabetes
4. Lowers blood pressure and stress
5. Contributes to healthy brain development and function across the life span
6. Improves visual acuity for both short, mid and long distance viewing
7. Children who grow up surrounded by nature leads to a 55 percent lower incidence of developing mental health issues as adults.
8. The more time children spent in nature, the better their mental health outcomes.

"Camp out among the grass and gentians of glacier meadows, in craggy garden nooks full of Nature's darlings. Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will below their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

John Muir