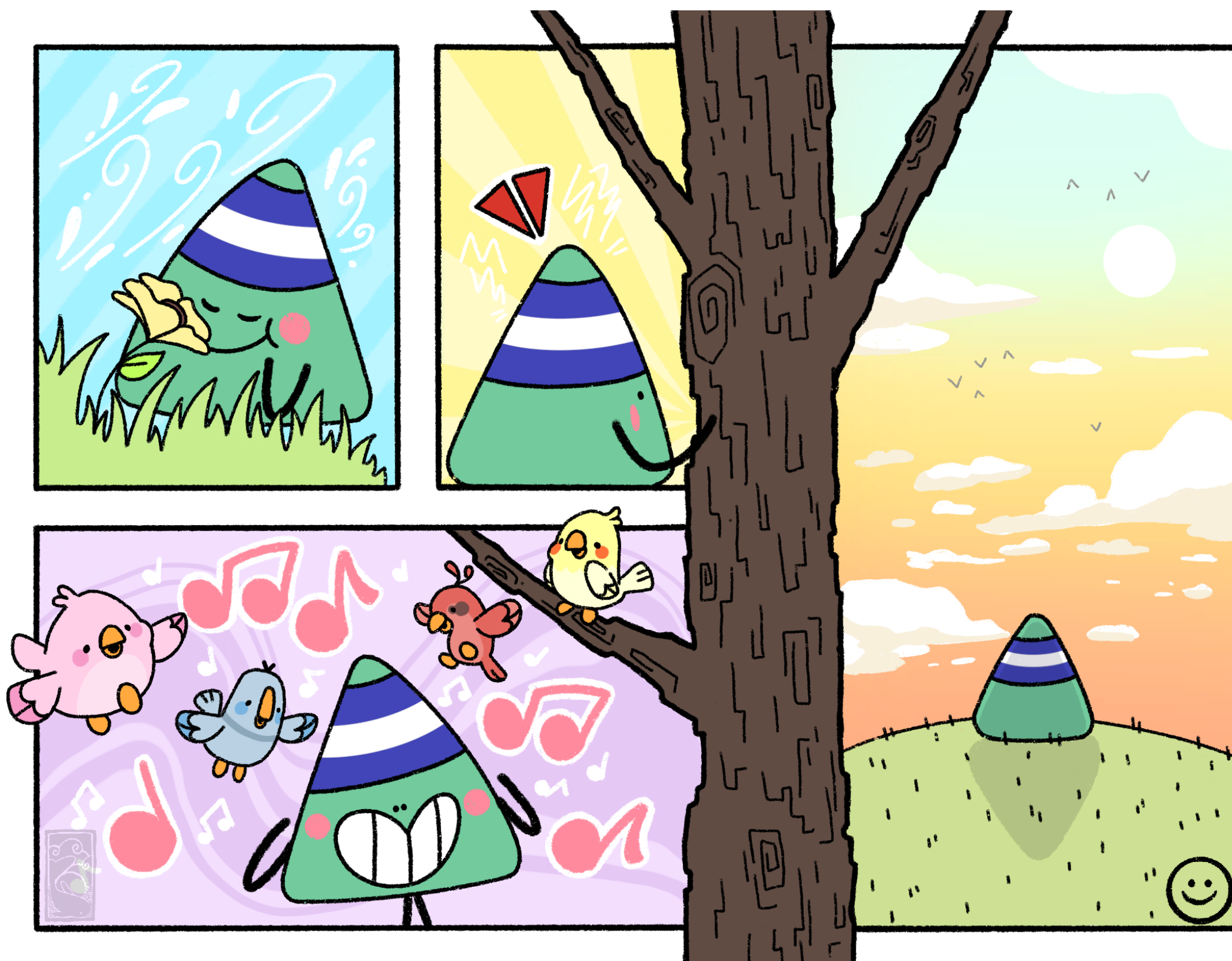


# TOYBOX



## Grounding Yourself Through Nature

What a Beautiful World!

**Goal:** Use your senses to connect with nature to ground yourself to the moment. Find one thing you can: hear, smell, touch, or see.

**[Tip]:** "I can hear a bird chirping. I can smell the wet grass. I can touch a rough tree. I can see a blue sky."

Click here for a helpful [Video Tip!](#)

**Why is this important?** Living in a busy world can be overwhelming, leading us to either stay stuck in the past or be worried about the future. Grounding techniques allow us to relate mindfully to our experiences to remain in the present moment.

**References:** Horton-Deutsch, S. L., & Horton, J. M. (2003). Mindfulness: overcoming intractable conflict. Archives of Psychiatric Nursing, 17(4), 186–93.

Huynh, T., & Torquati, J. C. (2019). Examining Connection to Nature and Mindfulness at Promoting Psychological Well-Being. Journal of Environmental Psychology, 66.

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