



Quietly Connecting

Listening and Connecting with Ourselves and Nature

Goal: Find a safe space outdoors, close your eyes and listen. Try not to let your thoughts stray to events causing you stress.

[Tip]: What can you hear? Listen for the small unnoticed sounds, like the rustling of the wind in the leaves or a bird chirping.

Why is this important? Focusing on the current moment without judgment helps you better reflect on stressful situations. Practicing mindfulness can help regulate stress, anxiety, and other health issues.

References: Huynh, T., & Torquati, J. C. (2019). Examining Connection to Nature and Mindfulness at Promoting Psychological Well-Being. *Journal of Environmental Psychology*, 66. <https://doi.org/https://www-sciencedirect-com.uwinnipeg.idm.oclc.org/science/article/pii/S0272494418305838>