

# YOUR EARTHMARK NATURE CONNECTION JOURNAL

## SOME GUIDELINES

Spending between 2 and 3 hours in Nature *forest bathing* will benefit one tremendously<sup>1</sup>, but recent studies<sup>2</sup> indicate that getting outside daily - even for *around twenty minutes a day* (a total of 120 minutes each week) has a positive impact on health and wellbeing.

**This journal includes 31 little prompts to help you to connect with Nature as you venture out every day.**

## PRINTING

The journal is designed to be printed on A4 (in colour or black and white), and assembled like this:



Fancy binding not required! Stitch or staple the pages together, or put them in a binder. Tuck loose sheets into a notebook or a folder. Whatever works for you.

## USING PROMPTS

Getting stuck in your head is unfortunately too easy - even when you're on top of the world looking down on Creation. We've all been there - armed with our best intentions we go outside to get our Nature-dose. Suddenly we realise we're planning the rest of your day, or dwelling on something that's not yet done, or worrying, or letting the man get you down...

That's why prompts (or *invitations*) are great. These are really just some tried and tested departure points for your daily Nature Journey that anchor you in the time you've set aside. There are no desired outcomes, no lessons to be learned, no homework, no expectations, and no preconceived aha-moments. The order they're presented in flows well, but if you want to skip one, by all means DO! If you want to pick one randomly - go right ahead! Do you really resonate with one (or a few)? Play them on repeat! Do them in reverse order? YES! Change them a bit to suit you better. Write your own instead. Go with the flow. It's all good!

<sup>1</sup>McEwan, K. (2022). What is forest bathing?. Retrieved 27 July 2022, from <https://www.livescience.com/forest-bathing>

<sup>2</sup>White, M.P., Alcock, I., Grellier, J. et al. Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Sci Rep* 9, 7730 (2019). <https://doi.org/10.1038/s41598-019-44097-3>

**GOT A BIT MORE TIME?** Join me for a *Forest Therapy Walk* in person or remotely. I'll guide you to consciously connect with what's around you by awakening your senses and encouraging you to take in Nature at a much slower pace than you're accustomed to.

A Forest Therapy Walk is not a fitness hike, not a naturalist-led point-and-name tour, and not psychotherapy in a natural setting. It's as simple as walking in a natural environment and consciously connecting with what's around you. Over 2 to 3 hours I'll guide you through a series of invitations that aim to awaken your senses, encourage you to take in Nature at a gentle speed, and enliven a more conscious connection with the inherent healing properties of the More Than Human World. This practice is not the same as Japanese Forest Bathing, though it is a key inspiration for it. Nature/Forest Therapy Walks have been scientifically proven to boost immunity, lower stress, and help your brain to work better. Over and above these physiological benefits, this practice also helps us to cultivate our connection to the Earth and her inhabitants.