








Tips for connecting with nature away from work:

- ☐  Breathe to relax. The simple practice of exhaling slowly and deeply activates the relaxation response, lowering heart rate, blood pressure and stress hormones.
- ☐  Follow a dragonfly.
- ☐  Shop at a Farmer's Market.
- ☐  Start a compost heap.
- ☐  Enjoy a late night concert to hear crickets, owls, wind and other night songs.
- ☐  Sleep under the stars.
- ☐  Watch the sunrise and sunset.

Our Good Health



- ☐  Enjoy a picnic.
- ☐  Walk in the forest and trees with family and friends.
- ☐  Turn my yard and garden into a wildlife haven by providing food, water, cover and places for wildlife to raise young while using sustainable practices.
- ☐  Remove invasive plants – and plant native plants, shrubs and trees in their place to welcome local birds, butterflies and bees.
- ☐  Volunteer for a local project to benefit wildlife – help with an ocean beach cleanup, tree planting, park or stream cleanup, restoration or creation of habitat
- ☐  Take a friend or family member with me when I go outside to connect with nature—and share the enjoyment of appreciating birds, plants, mammals, weather and even insects.
- ☐  Become a citizen scientist or naturalist! Support professional researchers, do wildlife monitoring, bird counts or collect needed habitat and wildlife data.