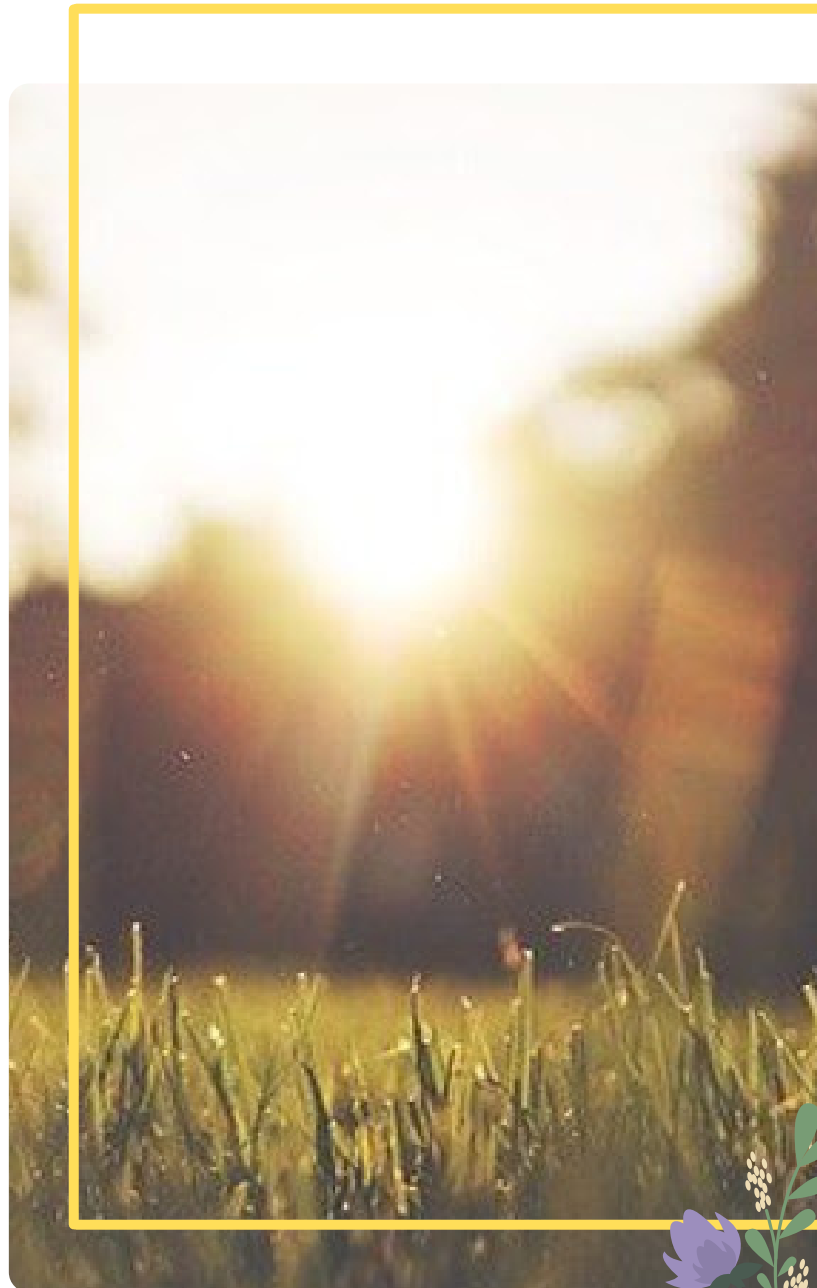


GUIDEBOOK

THE GLOW *WILD EDITION*



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WE FEEL WHERE WE ARE

Surely it cant make that big of a difference- right?

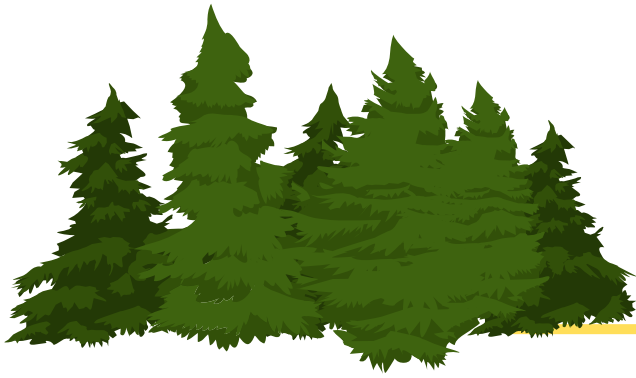
Research reveals that environments can increase or reduce our stress, which in turn impacts our bodies. What you are seeing, hearing, experiencing at any moment is changing not only your mood, but how your nervous, endocrine, and immune systems are working. It s been found that, in the same way a stressful or unpleasant environment can cause anxiety, depression, helplessness and isolation, being in nature can REVERSE these affects.

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. It may even reduce mortality, according to scientists such as public health researchers Stamatakis and Mitchell. Research done in hospitals, offices, and schools has found that even a simple plant in a room can have a significant impact on stress and anxiety.

In addition, nature helps us cope with pain. Because we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort.

In short, nature can help our mental and physical wellbeing,
-and its right outisde the door.





FOREST BATHING

This Japanese practice is a process of relaxation; known in Japan as shinrin yoku. The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way.



Turn off your devices to give yourself the best chance you can to tune out of your thinking mind and tune into the sensory experiences around you.



Slow down- focus on noticing what's around you in detail and you will find you will naturally have to slow your steps. Take time and be present.



Take long breaths deep into the abdomen. Extending the exhalation of air to twice the length of the inhalation sends a message to the body that it can relax.



Keep your eyes open. The colours of nature are soothing and studies have shown that people relax best while seeing greens and blues.



NURTURE YOUR SPACE

Sometimes we can see a line between the outside world and our inside experience. For example, if home is our safe place, our mind can draw a fence between this space and the world. | This feels good short term, but over time we realise we've shut out the things that help us feel good, as well as those we don't like.

Nature can get trapped on the outside of our fence. Here are some ideas for how we can bring it in:



House plants! Have a quick google if (like me) you're a bit of a plant killer and find plants that suit your level of expertise ie beginner.



Take photo's! No fancy camera required, snap that sunset on your phone camera or take some pictures of the flowers on your lunchtime walk. Set them as your phone background so you get to see them everytime you pick up your screen. You can even print the ones you love to pop around the house.



Collect! Shells, leafs, flowers, stones... all those things we grab when we are children and take home with us. If you have any jam or sauce jars lying around they can be great to fill up with momentos from our time in nature. Arrnage them in little worlds or stuff them full- whatever feels good to you.



IDEAS FOR OUTSIDE

Ready to step out the door?



Invite a friend for a walk

Pack a picnic to enjoy outdoors or in the garden



Try stargazing
(there a lots of apps that can help with this)

Go beachcombing



Get creative- try collaging your collection or painting a scene

Want to get out but not sure what's around you? have a look at the National trust website for recommendations near you. They even have a handy section dedicated to dog-friendly walks.

<https://www.nationaltrust.org.uk/walking>

If that step out the door is still looking to big, dont worry. take it easy and find other ways to slowly introduce nature into your life. for example, this youtube account does short video tours of their garden- they can be really relaxing to watch and soothing for our nervous system. give it a go:

<https://www.youtube.com/monalogue>

