

HOW TO HEAL WITH NATURE & SELF-CARE

MINDFUL WALKING

Mindful walking is about being present and grateful while walking in nature, tuning into your senses and appreciating the surroundings.

GARDENING

By planting seeds, nurturing plants, and engaging with nature's cycles, it provides satisfaction, a sense of accomplishment, and helps us relax and unwind.

NATURE MEDITATION

Find a peaceful spot in nature and using meditation techniques to be present. Connecting with the sights, sounds, and sensations cultivates calm and tranquility, helping us let go of stress and worries.



Nature Of The Self

Katrin Zwirglmaier



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