

# Week # 10: MOTHER NATURE

**Suggested Resources:** BOOK: *Your Brain on Nature* by Eva Selhub

WEBSITE: [www.rootsrated.com](http://www.rootsrated.com)

APPS: *iBird Pro*, *Leafsnap*

## STEP# 1: EXERCISE OUTSIDE

Exercising outside has proven health benefits. Research shows that it can incredibly restorative for the body and the mind. In Japan, there is a practice called Shinrin-yoku or "forest bathing," which involves walking in nature while taking in your surrounding with all of your senses. Even walking in your bare feet has major health benefits, like draining the body of inflammation, pain, and stress. This is due to Earth's natural but subtle electric charge. So this week, find some green spaces, and complete at least 20-minutes of exercise! If you live in an urban area, you can still go on the search for nature. Take a field trip, use an app, walk the streets, and be mindful of taking in your surroundings. Take some deep breaths, and connect with the great outdoors while getting your workout on!

## STEP # 2: BRING MOTHER NATURE INSIDE

Collect some gifts from Mother Nature herself, and bring them into your space. Studies have found that when hospital patients viewed nature through a window, it resulted in improved physical and mental outcomes. Other research has proven that indoor plants help improve focus and keep you calm - not to mention the health benefits associated with higher oxygen quantity. Here are some ways you can bring Mother Nature indoors:

- Cut fresh wildflowers.
- Grow some herbs in windowsill pots.
- Use essential oils that remind you of nature (ex: white birch, lavender, rosemary).
- Go to a farmers' market, and pack your kitchen with fresh fruits and veggies.
- Use a photo of nature as your screen saver (not really nature, but a visual can help!).
- Sleep with the window open.
- Decorate for the season with something that came from outside.

### **STEP # 3: JOURNAL ABOUT IT!**

Journal your daily 20 minutes of exercise. What do you choose for your activity? How did it make you feel? What did you find outside in nature that you brought inside?

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# WEEK # 10 CHECKLIST



M T W TH F S SU

Journal	_____	_____	_____	_____	_____	_____
NEAT	_____	_____	_____	_____	_____	_____
Self-Compassion	_____	_____	_____	_____	_____	_____
Functional Move	_____	_____	_____	_____	_____	_____
Mindset	_____	_____	_____	_____	_____	_____
Exercise	_____	_____	_____	_____	_____	_____
De-Stress	_____	_____	_____	_____	_____	_____
Nutrition	_____	_____	_____	_____	_____	_____
Positivity	_____	_____	_____	_____	_____	_____
Mother Nature	_____	_____	_____	_____	_____	_____