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 sress 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.

- ☐ 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 palces 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.