

















## Tips for connecting with nature at work:

- ☐  Take 5-slow breaths and think about a favorite nature place.
- ☐  Walk in the hospital garden and other nearby nature every day.
- ☐  Get up from your desk. Walk over to the window and watch nature--- flowers, trees, hummingbirds, snow and rain.
- ☐  Keep a houseplant in your office.
- ☐  Post nature pictures in your office.
- ☐  Follow a butterfly or bumblebee.
- ☐  Choose a nature picture calendar for your work space.
- ☐  Walk with colleagues for a work meeting.
- ☐  Sit in the garden and rest.

# Our Good Health



- ☐  Listen to birdsong as background music  
<https://www.youtube.com/watch?v=2G8LAIHSCAs>  
[https://www.youtube.com/watch?v=Qm846KdZN\\_c](https://www.youtube.com/watch?v=Qm846KdZN_c)
- ☐  Walk in the garden and experience multi-sensory stimulation--- colors, textures, shapes, smells and sounds.
- ☐  Think about the current season and changes that you notice. Describe the sky. What is the temperature?
- ☐  Enjoy lunch in the garden.
- ☐  Plan your winter strategy for health and nature time.
- ☐  (Add more ideas that work for you)
- ☐ 
- ☐ 