MIND YOUR GARDEN
Healthy Trees Healthy Lives

Mental Health America of Greater Dallas

TEXAS A&M FOREST SERVICE
CONTENTS

1  STRESS CHECK IN

2  GROUNDING EXERCISE

3  MINDFULNESS EXERCISE

4  BREATHING EXERCISE

5  GRATITUDE EXERCISE
Hello, Nature

Stress Check-In

- How much time every day do you spend outside? (mins)

- When you are outside, where is your favorite place to go?

- Is there a place you can go in nature for alone time? Where?

- How much sunlight exposure do you get daily? (mins)

- Is there an activity or exercise that you do that makes you feel connected with nature? What is that?

- Have you ever felt 'at one with nature'?

Are you aware of all the benefits nature has on your mental health? Check out https://tfsweb.tamu.edu/
**HELLO, NATURE**

**Grounding Exercise**

*Grounding is an exercise used by therapists to teach patients on how to find stability during a panic attack or severe anxiety. This technique can be extremely helpful if done daily.*

- Go Outside. Take your shoes off and settle comfortably in grass. There is scientific research to prove benefits of placing bare feet on direct earthly substances.

- What are 5 things you can see?

- What are 4 things you can touch?

- What are 3 things you can hear?

- What are 2 things you can smell?

- What is 1 thing you can taste?
How many times have you gone somewhere and once you reach your destination... you forgot how you got there? Many times our minds can become so scattered with anxieties that we completely miss what is around us. Mindfulness is all about slowing down and regaining awareness.

- Take a mindful walk! It can be as short as 5-10 minutes.

- What do you see? What colors do you see?

- Is there anyone around you? Can you hear them or just the sound of the wind?

- What is exactly around you? Can you feel anything under your feet?

*Use your senses and really become aware of what is around you. You'll be surprised what you will find!*
HELLO, NATURE

Breathing Exercise

- Find a comfortable place outside to sit or lay down. This can be on a blanket, chair, or hammock...

- Relax your body from your toes to your head. Make sure to let go out any tensed muscles.

- Close your eyes. Put your hand on your stomach and make sure to breathe using your diaphragm. Take a large deep breath in through your nose. This should last up to 6 seconds.

- Hold your breath for 5 seconds. Focus on your breath.

- Exhale through your mouth for 5 seconds. Repeat this as many times you need.

- Repeat this exercise every other day for 3 weeks. How do you feel it has helped you with your stress?

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Write a letter thanking nature for everything it has provided for you.

*Example: plants have provided me oxygen for breathing.*