



Conscious Life presents

# ANXIETY SUPER CONFERENCE

## Nature for healing trauma and anxiety

Guest: Dr Rochelle Calvert

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### **[00:00:10] Jaia Bristow**

Hello, and welcome back to the Anxiety Super Conference. My name is Jaia Bristow, and I'm one of your hosts. And today I am delighted to be welcoming Dr Rochelle Calvert.

Welcome, Rochelle.

### **Dr Rochelle Calvert**

Hello, Jaia. Thank you so much for having me today.

### **Jaia Bristow**

Thank you for joining us.

So Dr Rochelle Calvert is the author of *Healing with Nature: Mindfulness and Somatic Practices to Heal from Trauma*.

So do you want to start by telling us how does nature help one heal from trauma?

### **Dr Rochelle Calvert**

Well, I think it's an obvious experience when we walk outside that when we are in the connection to the natural world, our nervous systems' usually take a literal and figurative deep breath. We just feel more ourselves, we feel more calm, we feel more relaxed, we feel more at ease.

And when we're working to heal trauma, it's difficult. So if we have this beautiful container by which we can be held and supported, to feel just a little more calm, a little bit more relaxed, that work isn't so hard. And I think that's one of the fundamental pieces that is really beneficial about nature being supportive to heal trauma.

And then there are many different ways we can feel into the presence of and with nature, and feel how she can actually help us heal whatever it is that we're working with internally to support resolving, transforming trauma.

### **Jaia Bristow**

Wonderful. And so do you want to share a little bit about somatic practices and what somatic healing is and some of the somatic practices you offer?

### **[00:01:55] Dr Rochelle Calvert**

Well, somatic experiencing was developed by Peter Levine many decades ago now. And what's lovely about his understanding and development of somatic experiencing is that it actually came from nature.

He studied and watched animal life and got really curious about how animals could actually deal with all the threats of the natural world that are part of just living in the natural world and being part of it. And saw that they had beautiful ways to not go on and hold traumatic experiences in their nervous system and got curious about why that wasn't true for human beings as well.

So what really he found is that the ability for us to learn how to reinhabit our bodies, how to practice a deep sense of presence in one's body and know the health of it, know the way it's supposed to expand and contract, up regulate, down regulate. We weren't super good at being able to understand how that actually could be authored. We run a lot with the mind running the show.

And so he really began to understand that this more body centric soma, meaning the body, somatic experiencing and healing practices could help us from a more bottom up approach, learn how to take care of ourselves in a more healthy way.

And in the places where we haven't been able to do that in our lives, we may have residual stuck in our bodies. Our bodies may be holding on to trauma and that holding of the trauma creates patterns that often don't service really well, some of which even are anxiety patterns, anxiety challenges that we feel caught in and stuck by.

And these practices actually help us release and transform those patterns to bring our body and our sense of overall well being back into wholeness.

### **Jaia Bristow**

Amazing. And how does that work intersect with mindfulness practices then? And what does mindfulness mean to you? Because, again, mindfulness is one of those words that means different things to different people.

### **Dr Rochelle Calvert**

It does, which I so appreciate that because it speaks to the direct experience of the person practicing. We're going to develop our own understanding of it.

And for me, that understanding of mindfulness is this ability to cultivate a very kind, clear, steady presence with what's here. And that seems simple enough to say but I'm sure, as you know and many others know, it's more difficult to practice.

And what I found, I've been practicing and teaching mindfulness for many years now, one of the fundamental foundations of mindfulness, the first foundation of it is rooted in body awareness practices.

So it's actually not a far stretch from what I just spoke to about somatic experiencing, that the two, mindfulness and somatic experiencing, are one and the same, have very close correlate in understanding of what we're trying to bring health to or trying to bring into the sense of our understanding.

[00:05:19]

And so with mindfulness, hopefully we're learning how to create that very kind and gentle, steady presence with whatever it is that's arising. And in the body that can be tough if we have patterns that we feel like are challenging or getting in the way of living our best life. But there are skillful means to be able to work with that.

And then when we blend mindfulness with this knowledge about how the body can author its own healing and we can wed those two together, beautiful things start to happen. And again, held all in this container of nature, in our relationship to her, I think we can find a much more gentle way into finding the help that we want for ourselves.

### **Jaia Bristow**

Wonderful. I love that. And I always find it so ironic that mindfulness is called mindfulness because, as you say, it's much more about coming into the body and it's not about filling the mind actually, it's not the fullness of the mind.

And so it makes sense then, of course, that it works so well in conjunction with these somatic practices that you're talking about. And then when you bring in nature as well, I'm excited to hear more. What happens? Tell us more about how they all work together and what types of healing can happen? What types of trauma? How does it work with anxiety? What types of healing can happen?

### **Dr Rochelle Calvert**

I think the first type of healing that I find with most of my clients or when I'm teaching retreats and things is that people just begin to taste their own inner sense of refuge and rest. We're so busy going, going, going and doing, doing, doing and then we have whatever challenges we've had going on in the internal life on top of that. It's nice to just decide, I just want to be present. It's a beautiful sound.

Just that alone and letting my body feel the reverberation of that coming through it, that is enough to go, oh, thank goodness. I can take a little refuge from the busyness of my life. And then we can build, we can build on that from there.

And that's really what I'm up to, is how do we first just find a place to kind of rest the body and restore a sense of the taste of what it's like to feel that goodness of ease or relaxation. And then we have more potency to be able to work in the places that are really challenging.

And a lot of people are coming to me for, well, I want to heal the challenges now, right now, and they're here, and they will be here. But I'm always a big proponent in the way that I offer these teachings is we need to slow down and we need to rest first.

And I think when we're in the natural world, we typically aren't as busy, we typically aren't as rushed to go to the next thing. Even when we're taking a hike, even if we're like, I've got to get to the top, we'll stop and we'll look around a couple of times. So I think she calls us into that state of being for ourselves. And when we can do that, then we have more capacity to heal the things that need that.

And so to speak to the trauma question, what types of trauma? There's lots of ways that the mental health world, and folks who are up to healing trauma, talk about trauma. In my view I don't like to ascribe to a big T or a little T trauma, meaning, there's the ones that are clinically defined and that's the big T, or the little ones that feel like they're not classified as that.

[00:09:06]

I'm an advocate of, we don't need to identify a big or a little. Your experience is your experience. And when we come into some experience in our life that causes significant distress, so much so that it leaves us feeling like we can't get back to who we felt we were before that.

And there can be so many different things. All the things we just went through with the pandemic, with the systemic racism issues that are here and globally, in the US that we're confronting. We just had another mass shooting here. These are all directly happening to people. Yes, that we would classify them as a big T, but what about all of us who are living amidst it and impacted by it? That's a T, too.

So I would say that these practices are here to support whatever you define. We're really defining what it means to create health and wholeness in our life, that's defined by you. And I would never want to get in the way of what someone's understanding of that is, because we've all been through things in our life that we would identify as traumatic. That, just regulation that doesn't let us just come back to that homeostatic well full sense of self, and that leaves us stuck.

And then we have challenges like anxiety. I mean, trauma often is symptomatically expressed as anxiety. Unhealed, unresolved trauma. And it doesn't mean we can't have anxiety that's separate in its own right, but my experience clinically has been that so many people, often whatever those threads of patterns of anxiety are, are wedded to something that is stuck. Something that's stuck, that they haven't quite resolved in that sense of trauma, that if we are able to really renegotiate that in the inner landscape with these practices, results in all those symptom expressions of anxiety.

### **Jaia Bristow**

I think that makes a lot of sense. I think there is so much connection between trauma and anxiety, and I really appreciate the way you describe that. That anxiety can often be symptomatic of unresolved trauma.

Going back a little bit to what you were saying around the mindfulness somatic nature healing, what I could really hear, to me the way you were talking about it and interpreting it, or how I interpreted it, was it's about doing the groundwork and preparing the soul, the body, preparing oneself to do the trauma work.

And it actually made me think about gardening, not that I do much of it. But from what I do know about it, it's like you need to prepare the soil before you plant seeds, before you weed things. You don't just go in there and start pulling at things and shoving some grains in the earth. You need this prep work.

So what you were talking about really made me feel like that. Like, oh, it's that enabling oneself to then do the work, to do the practices, to look at the trauma, because, as hopefully most people know by now, you want to be really careful when you work with trauma, because if you're not careful, you retraumatize the person rather than actually resolving the trauma. So having that groundwork is essential.

**[00:12:38] Dr Rochelle Calvert**

Yes. I love the imagery that you just brought in about the garden. It is like, we've got to get rich, good soil if we're going to grow something healthy and we need to tend to whatever is in there that's not letting what the fullness of our growth could be. We have to figure out a way.

And these practices really support and a lot of what I have written in the book is building that ground, that establishing, that healthy soil in the inner landscape with the beautiful support of the natural world so that we can go in and really allow ourselves with a lot of resource to be able to work with resolving and healing that trauma.

It does take time. It does take the willingness to go slow, which a lot of us, when we're under distress, of course want to get it to be gone. But I think, again, it's another reason that if we're outside, we'll slow down to her rhythms a little bit more, and we'll realize that maybe we'll be more respectful to our rhythm and find the healing pace that's actually healthy for our being.

**Jaia Bristow**

Absolutely. And I interviewed Mark Coleman for this conference as well, who also talks about meditating in nature and how supportive that is and practices, specific practices you can do and things like that. And I love the way that you're bringing that in and also talking about that kind of somatic healing.

And so I know that when I'm around nature, for me it's particularly the ocean. There's something about the ocean that I find incredibly healing. So when I'm underwater, on the water, in the water, I'm someone who has a lot of chronic health conditions, and I feel so much better.

And because the way nature works and often can quiet and calm the nervous system, and so I sometimes notice that when I've been busy or when I've had a lot going on and I've been in cities and I've been on the go and my nervous system is quite jangled, when I come to nature, to the countryside, then sometimes I almost feel worse initially and I don't feel immediately healed because I think there's room for the tiredness, and the symptoms come up.

And it echoes a bit, also I had a chat with Martin Aylward where we talked about how meditation can turn up the volume of anxiety at times. And so I'm curious if you could speak a little bit about that. When the nervous system first starts to relax and things come up and symptoms can come up, and it can almost feel like we're getting worse rather than better initially.

**Dr Rochelle Calvert**

That is what happens. I think you're articulating it well in just your example.

We could speak to what's physiologically happening there on one level, which is that basically the nervous system has been on alert. It's been on sympathetic drive. When we're in an anxious state internally and even from the external world, it's used to revving at 80 miles an hour, if we want to use that kind of an analogy. It's very hard to go from 80 to 0.

We don't want to come to full stop. There's residue that's actually happening as we're trying to bring the nervous system out of that state and into a more parasympathetic state, because that's actually what's really called for to do the deep healing work of trauma. We can't heal it in this state.

**[00:16:24]**

And so it is learning how to be patient and be kind. That is a natural way for the nervous system to find its way to settle down. I will often have clients who talk about, well, I sat down, maybe we decided it was 10 minutes and they practiced for 10 minutes. And they were like, and I just couldn't get the mind to shut off. I just couldn't. What's the point? You keep saying I'm going to feel better.

And even if it was, I always highlight even if it was just one micro moment that you smelled something or you heard something or it was just a little, from 80 to 78 and you felt just a little. To start learning how to appreciate you're learning how to have a relationship to that.

We have to learn how to come out of that state down into this one so that we can skillfully and intentionally go into the ones that are stuck with some skills, some muscle strength to do so in a healthy way.

Because, to your comment, we really want to be skillful about how we move towards trauma because we don't want to actually retraumatize the nervous system, which a lot of approaches will end up doing.

And so somatic work, mindfulness work, when done skillfully towards the health of healing trauma, can really be beneficial. And we've got to be patient, for sure, with the way the nervous system is not just an on and off switch. It's like a dimmer switch. We have to have time to figure out how to help it.

### **Jaia Bristow**

And I think patience can be very difficult, especially for people with anxiety, because usually people suffering from anxiety have a nervous system that's very jangled, as I like to say. And there's a sense of stress and urgency. And in the moment, there's all these, like the physiological symptoms of anxiety feel very urgent. It's that fight, flight response of just, what do you do?

Let's talk more about how these healing practices, what are the benefits and how do they...? If you could say more about how then they can support anxiety.

### **Dr Rochelle Calvert**

Well, maybe this has already been pointed to, but it's good to say it again, if we spend time in nature, just spend time out here, don't even need to practice mindfulness or somatic practices. 5 minutes out here, literally, your prefrontal cortex will start quieting down, which is good news, because that's responsible for what keeps up the anxiety cycles.

So just take your body and your being out into nature for 5 minutes, and we already have benefits, but then we amplify that by a little bit more time. In these practices, what we actually know is cortisol levels are going to drop. Your ability to concentrate is going to improve. Your ability to feel like, I'm happier, is going to improve. All of that is beneficial to turning the tide on those patterns of anxiety.

Again, it comes back to, can we find skillful ways that are going to help slowly settle the internal rev, the jangledness as you were speaking to, that allows you to figure out what is a healthier way to relate to whatever it is that's at the impetus of that anxiety?

So simple practices like being able to spend 10 minutes outside, just focusing, maybe on birdsong or water. You mentioned how much you love water. I'm a big fan of, especially when we're learning how

to work with and move skillfully with the anxiety and turning towards it, to find what in nature really feels supportive.

**[00:20:32]**

For me often it's always never lost on me that where I feel most at home to practice is in a canyon. I will usually find myself figuring out, even if it's in a big landscape. I have landed in a new living space here in Taos, New Mexico, but I mean it, no surprise I'm at the bottom of this really beautiful Mesa and mountain range. But why? Because my nervous system feels very supported by that and I know that I'm called to that.

So finding what that is, spending that 10 minutes, and maybe it's just learning how to inhabit your body in that landscape, being present to what's my body feel like while I'm here in relationship to this place that I feel connected to? And that we're probably already doing, we're just not conscious to it. So it's bringing some consciousness to that.

And then there are practices as we establish more ease and groundedness in the nervous system, we can learn how to turn towards the trauma in the body.

And there are different practices that I teach in the book around how we can find the things in nature that feel supportive and healing to our trauma to support us learning how to move skillfully with healing that trauma in the landscape. Without getting into too much of it, it's learning very specific body awareness practices with the support of nature to slowly, basically unwind what's stuck. Somatically let it leave and find the new aliveness that will come through in the health of the body once it leaves.

### **Jaia Bristow**

Wonderful. And what I love in what you're sharing and what I love about nature is how much it does so much of the work for you. So it's like, whether you're meditating or just being in nature, like you say, just go out in nature for 5 minutes and immediately things start to relax.

And I know I'm someone who really struggles shifting out of doing mode and into just being mode. But when I'm in nature, whether that's lying on the beach or sitting in the forest or listening to birdsong, if I'm somewhere where there's birdsong, or going on a walk or looking out at the ocean, whatever it is, it's amazing how totally unconsciously it's so easy to shift from doing to being.

Whereas when I'm not in nature, then I'm looking for that constant distraction and stimuli. So I'm watching Netflix, I'm on my phone playing games, I'm sifting through a book. I'd say reading a book, but it's been a while since I read a book. Or I'm calling a friend or I'm doing a crossword. Whatever it is, I'm finding these distractions and this stimulus.

Whereas when I'm in nature, there's so much stimulus already. There's the sounds, there's the sights, there's the shades of green. I love looking at just the different shades of green. And you've got so many beautiful ones in your background. I've got a few on my shirt right now. There's a few in the plant here, so if anyone wants to play, spot the different shades of green.

So I love that. I love how nature supports it. And then, as you say, it does part of the work and then if we actually want to do some work within nature, it's so supportive to amplify that work, to create the environment and container and support for that work.

**[00:24:09] Dr Rochelle Calvert**

Something, as you were just saying, that I think that we can feel like this work can be really challenging. So if we know, like we're speaking to here, there's going to be a resource, a calm, oh my gosh, she's going to do some of the work for me.

And then the thing I would highlight that often happens in addition to that is, she starts accompanying you on your healing. Like, I'm not alone in this healing. Trauma work can be intense and dealing with anxiety patterns, fight, flight, freeze, all of that that gets just hijacked in our inner landscape. When we learn these practices and are in relationship to nature, she's a friend and an ally that actually is going with us on that journey.

And I can't tell you how many beautiful stories I've heard and have been shared with me about just that reciprocity of connection and support and care. And I think sometimes when we are stuck in these places that are so challenging and really we can feel very isolated in it. So I think there's this other piece that not only do we have more health coming in and she's helping, but she's accompanying and she's going to find ways to have that relationship to the healing process. That feels just so nurturing.

**Jaia Bristow**

That's wonderful. I love that idea of not just supporting and not just doing the work for you or helping, but then accompanying.

And so I'm wondering if you can say a little bit more about some of the research and some of the ideas around, again, that intersection of doing that somatic work and mindfulness work in nature.

**Dr Rochelle Calvert**

I speak to mindfulness, somatic work and nature as each their own respective healthy ecosystems. Like mindfulness we know has been studied and has all this amazing, powerful research that's just been exponentially growing for decades now telling us how beneficial it is. We know we can get a healthy ecosystem, mind, body, spirit, soul, all of it from practicing.

Somatic research is also pointing us to the health of this wholeness of our body. Being able to really reinhabit our body. Most of us are disconnected from it. So much research to support how that is absolutely happening.

And then, as I was speaking before, just spending time in nature, the nature research to me always feels like, well, yeah, like most of the outcomes that they're pointing to, of course, if I spend like 5 hours outside, I'm happier. I just generally feel happier. But I'm glad that we have science coming behind really looking at, you smell soil, if you smell healthy earth soil, actually triggering chemicals and exchanges in the body and in the nervous system, that starts healing effects to the health of the nervous system.

So when you look at all of those and you say, great, we have all these things we know about the research around these respective areas of practice or understanding and healing, and we start to wed them together, it's pretty magical in my opinion that we get to have the benefit of all of those coming together to support the healing that we want to have.



**[00:27:49]**

Wouldn't it be nice for this anxiety conference, I'm sure many listeners have the mind that's churning all the time on the analyzing and the planning and the ruminating and the rehearsing and the trying to remember and the trying not to forget. And wouldn't it be nice if we could take the benefits from all three of these healthy ecosystems to help with this inner ecosystem, to help bring it back to health?

Because all that really is, anxiety or any symptom in the internal landscape that we've formed some dysregulation around, it's just an ecosystem that needs help. We just need to put the right, like we were talking about earlier, that healthy soil. We need all the ingredients that need to come around our inner landscape to help establish that.

And I feel strongly that these practices from mindfulness, somatics and the natural world woven together are a really beautiful way to awaken a healthy, inner ecosystem.

### **Jaia Bristow**

I love that. I love the ideas of having these three ecosystems and then coinciding them to create an inner ecosystem.

And I think one of the things that can come up for people is access to nature. Sometimes it's more accessible than other times. And so, of course, if you're someone who lives in the countryside, then there's a lot of access to nature. If you're someone who lives in cities, hopefully you can go to parks.

I lived in a city by the sea once. That was really nice. I'd go for a walk every day down to the ocean, and I really noticed how much that regulated me, just looking out at this expanse. And I'd go in every weather, I loved it. My favorite was actually going during when it was really rainy and stormy and the ocean was wild.

And again, you talk about the ecosystems, it felt like the ocean represented sometimes my inner. And it was like, oh, the ocean is beautiful, whether it's raging and wild or peaceful and calm or somewhere in between. And it really helped me accept my own emotions and my own inner ocean.

So let's talk a little bit about the accessibility, and then if there's anything else you want to add.

### **Dr Rochelle Calvert**

I think accessibility is here in every moment, I want to start by saying that. We think nature needs to be the deep forest or the expanse of the ocean or the wilds of farmlands, which I'm very attracted to. I love practicing in farmlands for a lot of different reasons. But we forget that we just need to tilt our head up and we see the expanse of the sky.

It doesn't matter if we live in an urban setting or a lot of concrete or the park is a mile away. It's here, and it's here, even not just in looking up, but you can feel, like if we just take a moment to feel into the air. Right now, the air that we sit in, whether in a room or outside, is part of this web of the natural world that we're all breathing. That is the life force.

So we can feel into the real presence of nature in all kinds of ways. One step further might be a little more reflective, but what we're sitting on, what we're wearing, what we're looking at through this computer right now is also all made of nature. Nothing is not made of nature.

**[00:31:25]**

So how could we allow ourselves to just dip into that, to be in presence and in relationship to, oh right, these beautiful beings that are above me are trees held and grown in the earth, now providing me shade, just a different form.

So it's not far. It's right here. And when we feel into that, if I can feel into the softness of my sweater and remember that that was a plant, I'm held in the presence and the love and the support of that beautiful plant being that's letting me feel warm right now.

So there's so many different ways. It's not as, yes it is lovely to go to the deep forest and to go to the expanse of the ocean and we have more of that expanse kinds of states that are more available, but I think the connection for being able to practice with nature is always immediately available.

### **Jaia Bristow**

I love that. And one of the things that comes to mind, and partly because I can see my plant in my Zoom background, is that you're talking about smelling the soil. You don't have to be an avid gardener to smell the soil. I can go, there's a house plant right there, and I can touch to make sure. I love touching the soil of my plants, partly to find out how dry it is and whether it needs watering or not.

But there's something about... And the leaves and sometimes houseplants can gather dust. I just gently can clean the leaves and then I feel really connected to the plant, and picking off the dead leaves and all that kind of thing.

So I think, of course, like you say, it's wonderful and I encourage, and I'm sure you do too, people to go to a park if they can, go to the countryside, go to the ocean, go wherever feels nourishing for you if you have access to it. But if you don't, get yourself a houseplant, look up at the sky, go outside and feel the air, the weather, all those kinds of elements.

I love thinking about the four elements myself at times. Like lighting a candle or touching some earth or having a cup of water and just looking at water. Water doesn't need to be the ocean. I have a glass of water right here.

### **Dr Rochelle Calvert**

Absolutely. And elements practices are a beautiful way to deepen our sense of presence to the natural world, but to also our bodies.

And if this healing work of allowing ourselves to transform anxiety or trauma, whatever it is we're working with, can be a beautiful practice to learn how to feel the elemental conditions of our minds, of our bodies, of our hearts. To actually find the skillful ways that those elements are actually permeating in our beings and all around us. And learn how to deepen our connection to that as a way to also practice connection with nature.

### **Jaia Bristow**

100%. And I think, like you're saying as well, that connection with bodies and the nature within ourselves. We are nature, we are animals. There's all kinds of things happening within on the outside, too.

**[00:34:44]**

Is there anything else that you would like to add that I haven't asked you?

**Dr Rochelle Calvert**

I think one of the things that... I deeply care about healing trauma. I believe that we have the power to heal the things that are stuck, are not wholesome or not healthy for us in our lives, and transform that.

And that's what I'm up to. We're finding a relationship with nature, the healing with nature to support that inner healing of our inner ecosystems.

What I'm hopeful of, is that because we're spending that time and taking skillful means to find relationship with nature, that we wake up to caring about hurt trauma. That we're struggling, she's struggling with her own anxieties, trauma responses when we just look at our climate crisis.

And I really view it as an opportunity to see that when we wake up and feel this healing relationship with ourselves and nature, we're going to want to give back. We're going to want to be able to help her to heal in some way, whatever that is. It could be a small way, I start a garden. It could be a big way, I get involved in activist work, whatever that means.

But I really feel that when we're touched and healed, and feel that alyness I was speaking to earlier, that has the possibility to transform into action, into that reciprocity of giving back to her because she's healing us in some way.

So I think just invite your listeners to consider that, yes, we're all up to healing what's going on in here so we can be a healthier version of ourselves, where does that radiate? Where does that go? How does that expand out into the world?

Trauma will we get more trauma, healing will we get more healing. So if we're up to that with the relationship of the natural world, we have powerful possibilities in my heart and mind about what's possible to heal our planet.

**Jaia Bristow**

Wonderful. I'm so glad you brought that in, because I think that's so important on so many different levels.

I was talking earlier about being part of nature as a human, and of course, we have our traumas but, like you say, the world is undergoing a lot of trauma right now. And healing nature's trauma and the Earth's trauma helps all humans. A lot of illness is due to food supplies not being what they were and things like that, and so everything is so interconnected.

And I also want to encourage people who are interested in the theme of the climate crisis and the anxiety that is happening around the climate crisis, I interviewed Caroline Hickman who talks about eco-anxiety, so I also encourage people to check that out.

But, thank you so much for bringing that piece in.

**[00:37:51] Dr Rochelle Calvert**

Yeah, definitely. And we have a lot of work to do. And if we're up to this good work for ourselves, I invite people to really consider where does that go? Ideally, it's just the inspiration of the next thing that you're feeling called to, and you follow that.

I deeply also just want to say gratitude to you and to all of those who are hosting this, to put this information out there, because that is part of the ripple effect that we know when we start sharing and supporting the healing of one another it goes far. So thank you for bringing us together to share this with people.

**Jaia Bristow**

Thank you for your contribution. It's been a really great conversation.

How can people find out more about you and your work?

**Dr Rochelle Calvert**

So primarily people can find out about me through my website, which is [newmindfullife.com](https://newmindfullife.com). Almost everything that I'm up to is housed inside of that website. And have lots of retreats here in the US going on this year and next year on the schedule there.

And then check out my book. It's on all the major ways people find books these days. And as you mentioned at the beginning it's, *Healing with Nature: Mindfulness and Somatic Practices to Heal from Trauma*. And it's a real practical book in the sense that there are practices in there that people can read and take the book with them out into nature.

And there's also access to audio if you don't want to take your reading material, so you can listen.

And then of course, feel free to always send me an email or connect with me directly. And all the information is on the website.

**Jaia Bristow**

Brilliant. Thank you so much for your time today. I really appreciate it.

**Dr Rochelle Calvert**

You're welcome, Jaia.