

The background of the entire image is a stylized nature scene. In the upper left, there are green trees and a brown butterfly. In the upper right, three black birds are flying. The center features large, bold text. The lower half shows a woman with dark hair, wearing a green tank top and black pants, sitting in a meditative lotus position on an orange mat. She is surrounded by green grass, a large yellow leaf, and several green trees of varying sizes. The bottom right corner contains a circular logo with a mountain, trees, and the text 'NATURE AWARENESS'.

NATURE AWARENESS'S

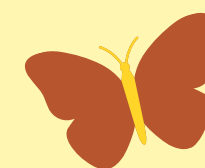
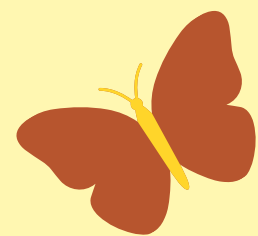
**7-DAY NATURE BASED MENTAL  
WELLNESS GUIDE: RESET YOUR  
MIND, BODY, AND SOUL WITH  
NATURE**

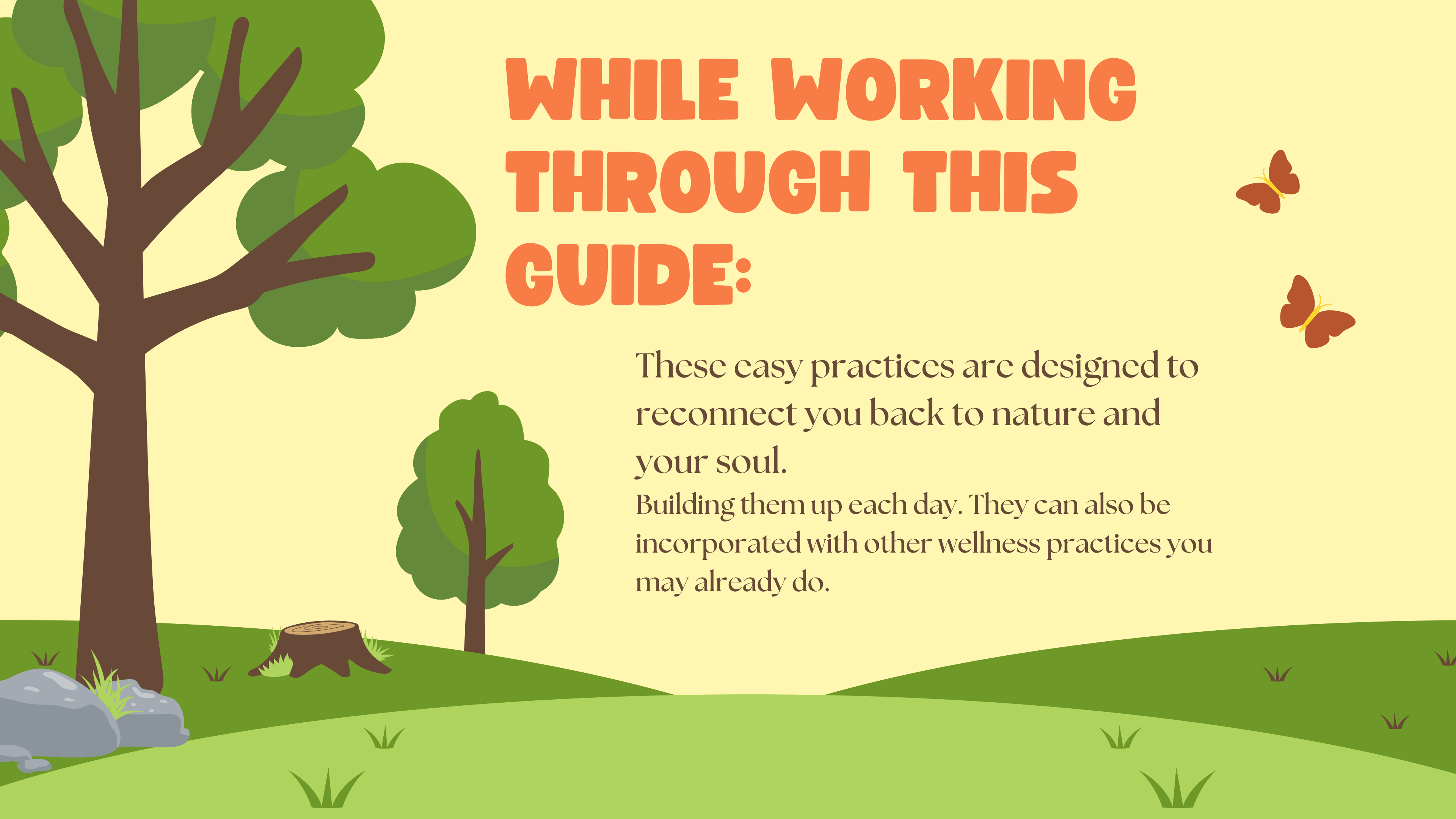


# INTRODUCTION

Welcome to your 7-day journey into nature based mental wellness! This guide is designed to help you reduce stress, manage anxiety, and reconnect with yourself through simple, nature inspired practices. Each day includes easy to follow steps you can implement in under 30 minutes, building on them each day.

Let's get started!



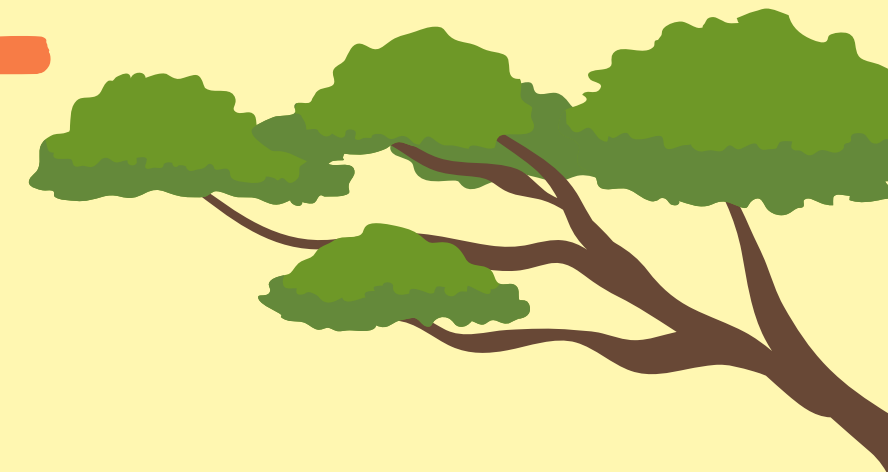
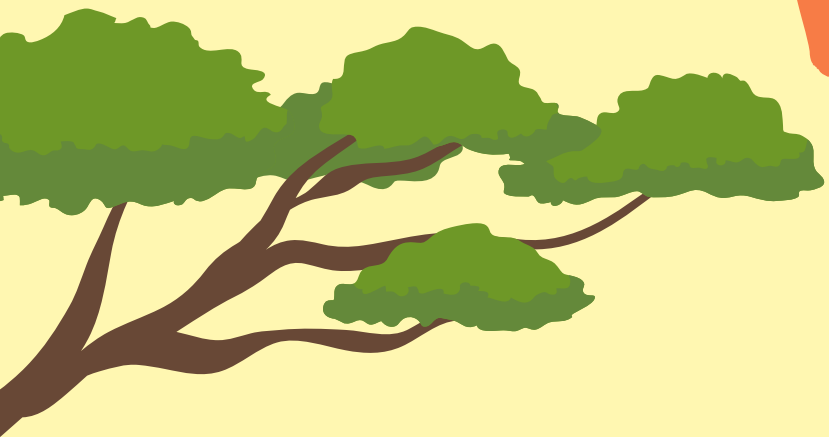


# WHILE WORKING THROUGH THIS GUIDE:

These easy practices are designed to reconnect you back to nature and your soul.

Building them up each day. They can also be incorporated with other wellness practices you may already do.

# WHY MENTAL WELLNESS IS VITAL



## **Reduce Stress & Anxiety**

A healthy mind helps lower cortisol levels, improving overall emotional balance.



## **Boosts Physical Health**

Mental well being strengthens the immune system and reduces the risk of chronic illness.



## **Enhances Focus & Productivity**

A clear, calm mind improves concentration, decision making, and creativity.



## **Supports Emotional Resilience**

Strong mental wellness helps you navigate challenges and maintain inner peace.

# DAY 1: GROUND YOURSELF GOAL: RECONNECT WITH THE EARTH AND CALM YOUR MIND



Step 1: Find a quiet outdoor space (garden, park, or beach).

Step 2: Remove your shoes and place your feet on the ground (grass, soil, or sand).

Step 3: Close your eyes, take 10 deep breaths, and visualise the Earth's energy flowing up into your body.

Step 4: Reflect for 5 minutes on how you feel before and after grounding.



# DAY 2: MINDFUL WALK

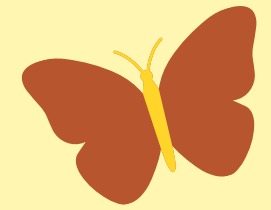
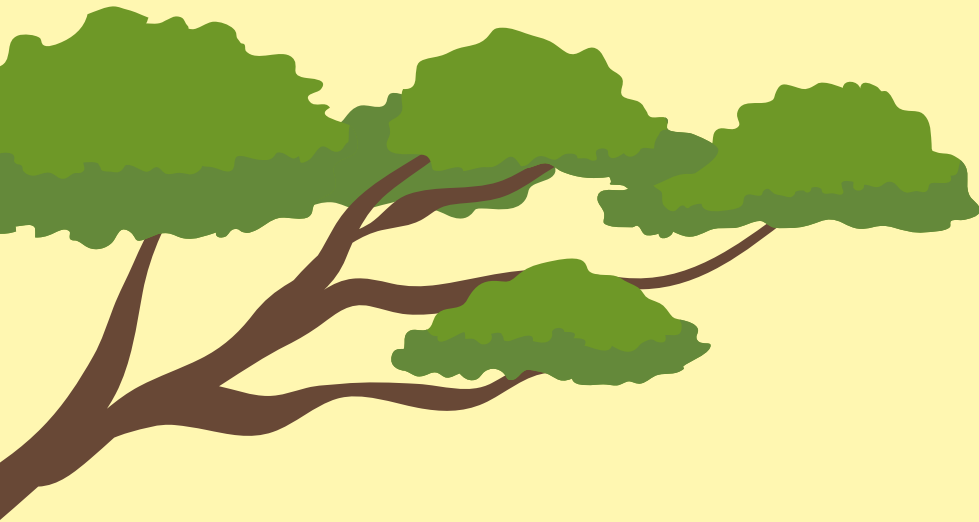
## GOAL: USE MINDFUL MOVEMENT TO EASE MENTAL CLUTTER

Step 1: Go for a 15-20 minute walk in a natural setting (park, forest, or beach).

Step 2: Walk slowly, paying attention to your steps, your breath, and the sounds around you.

Step 3: Pause halfway, close your eyes, and notice the sensations, wind on your face, the scent of plants, or the warmth of the sun.

Step 4: Finish your walk and note one thing in nature that brought you peace.





# DAY 3: NATURE BREATHING

 **Goal: Use nature inspired  
breathwork to reduce anxiety.** 

Step 1: Find a spot near trees or plants. Sit comfortably.

Step 2: Take deep breaths in a 4-4-6 pattern: inhale for 4 seconds, hold for 4 seconds, exhale for 6 seconds.

Step 3: Imagine the trees around you exhaling fresh oxygen for you to breathe in.

Step 4: Repeat for 5-10 minutes, feeling your body relax with each cycle.

# DAY 4: NATURE JOURNALING

**GOAL: REFLECT ON YOUR EMOTIONS AND CONNECT WITH THE BEAUTY OF NATURE.**



Step 1: Bring a notebook and pen to a quiet outdoor location.

Step 2: Spend 10 minutes observing your surroundings notice shapes, colours, and sounds.

Step 3: Write about what you see and how it makes you feel.

Step 4: End your journal entry with one thing in nature you're grateful for.





# DAY 5: CREATE A NATURE ALTAR

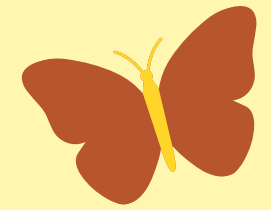
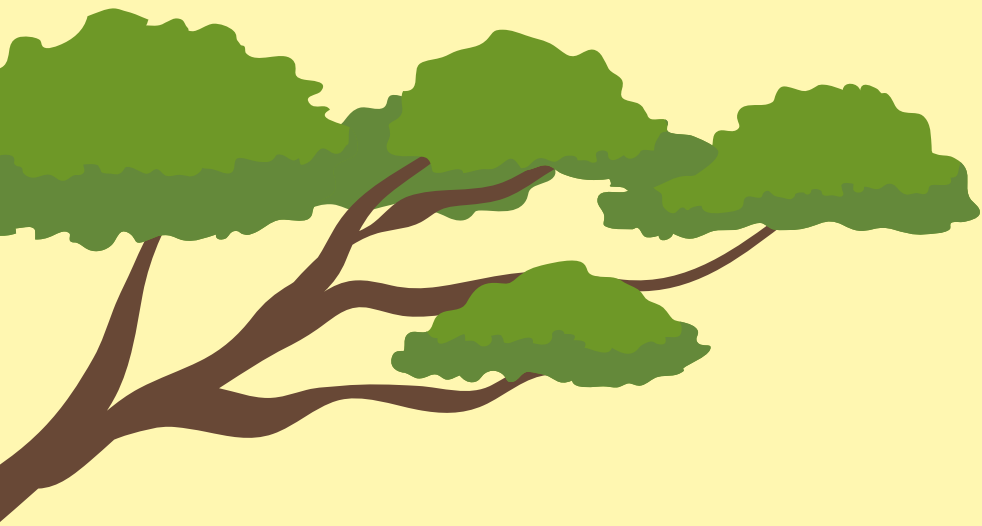
**GOAL: BRING NATURE'S ENERGY  
INTO YOUR HOME FOR  
MINDFULNESS AND HEALING.**

Step 1: Collect natural items like stones, flowers, leaves, or shells.

Step 2: Arrange them in a dedicated space at home (a shelf, table, or tray).

Step 3: Light a candle or place a photo of a serene natural scene nearby.

Step 4: Spend 5 minutes each day focusing on your altar as a reminder of your connection to nature.





## DAY 6: SUNRISE RESET

**Goal: Start the day with natural light for energy and mental clarity.**

Step 1: Set your alarm 30 minutes earlier to catch the sunrise.

Step 2: Sit outside or by a window with a cup of herbal tea or water.

Step 3: Watch the sky change colours, focusing on gratitude for a new day.

- Step 4: Journal 3 things you're grateful for or one positive affirmation.

# DAY 7: SUNSET REFLECTION

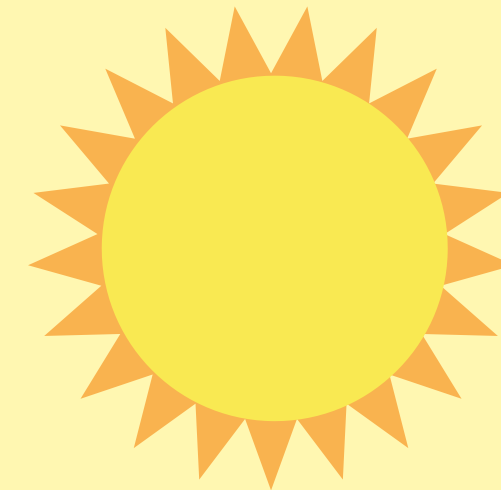
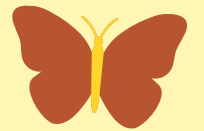
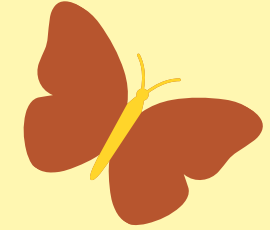
**GOAL: END YOUR WEEK WITH PEACE AND GRATITUDE.**

Step 1: Find a spot to watch the sunset.

Step 2: Take slow, deep breaths as the sun sets, releasing any tension from the day.

Step 3: Reflect on the progress you've made this week. What's one practice you want to continue?

Step 4: Write down one lesson nature has taught you during this journey.



# REFLECTION

**WHAT HAVE YOU NOTICED  
IN THE LAST WEEK?**



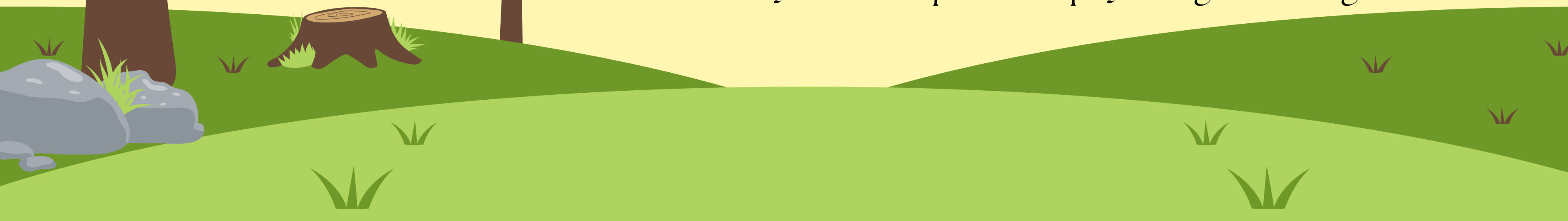






# KEEP GOING: YOUR JOURNEY DOESN'T END HERE

You've just completed 7 powerful days of reconnecting with nature and yourself. But this is only the beginning. The more consistently you connect with nature, the deeper the benefits become. Just 20 minutes a day in natural settings has been shown to significantly lower cortisol levels, the stress hormone, and grounding has been scientifically linked to powerful physiological changes.





# DID YOU KNOW? GROUNDING HAS BEEN SHOWN TO

Reduce inflammation and pain by neutralising free radicals in the body (Chevalier et al., 2012)

Improve sleep and regulate circadian rhythms

Enhance mood by supporting healthy serotonin production

Reduce symptoms of anxiety and depression through calming the autonomic nervous system

By simply placing your bare feet on the earth, sitting against a tree, or touching natural materials, you're not just connecting emotionally—you're recharging your body at a cellular level.



# HAVE A BOSS WEEK

## THANK YOU

