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5 DAY

NATURE WELLNESS
RESET

Feel calmer, more focused, and reconnect to nature and yourself.

PREPARED AND PRESENTED BY

ELIZABETH SCOTT, LCPC

WELCOME TO YOUR *RESET*



A LITTLE BIT ABOUT OUR RETREAT

I'm so excited for you to experience nature's transformational healing.

Whether you're an outdoor enthusiast or prefer climate-controlled comforts, there are practical ways to connect more with the natural world in our daily lives. Only recently in our history as humans did we turn our backs on enjoying most of our time in the sunshine in favor of four walls and screens.

You may be surprised at the sense of well-being that nurturing this innate connection in little ways can bring. And in this short guide, you'll draw inspired action from nature and commit to one practice each day for five days.

Plan for roughly 30 minutes each day for a slow and intentional practice.

By the end of this five day experience, you'll feel calmer, more focused, and more connected to nature and yourself.

I can't wait to guide you.

Let's go...

Elizabeth

DAY ONE | SOUND

Listening to sounds from the natural world can help your body relax. Research shows that three sounds, in particular, stimulate the parasympathetic nervous system, which helps to calm our “fight or flight” response and support our ability to relax.

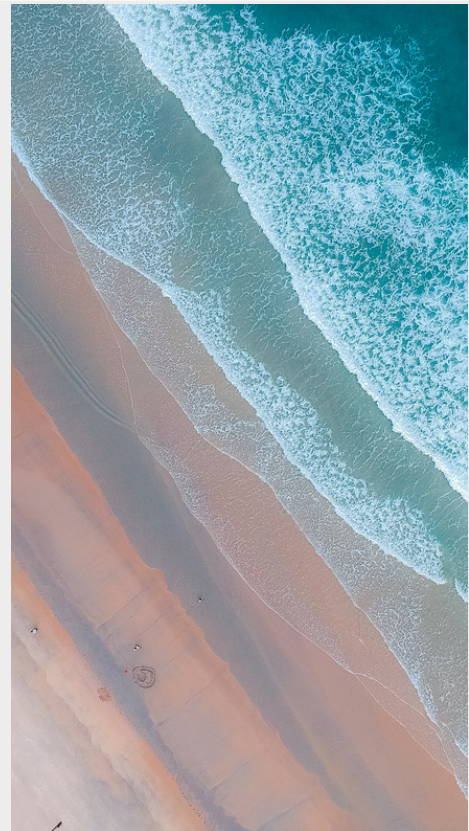
These three sounds include:

1. Water
2. Birds
3. Calm wind

PRACTICE

STEP OUTSIDE, TAKE A DEEP BREATH, CLOSE YOUR EYES, AND TUNE INTO THE SONGS NATURE IS SINGING. ENJOY LISTENING FOR A FEW MINUTES, AND NOTICE HOW YOUR BODY FEELS AS YOU TUNE IN TO THE SOUND.

WHEN GETTING OUTSIDE IS A CHALLENGE, POP THESE SOOTHING NATURE SOUNDS INTO YOUR EARBUDS OR EVEN PLAY THEM WHILE YOU WORK OR GO ABOUT YOUR DAY



DAY TWO

MINDFULNESS

**AWAKEN YOUR SENSES IN NATURE
WITH A MINDFULNESS PRACTICE.**

This exercise develops your sensory skills to powerfully connect you with the natural world. Take a break and find a quiet place to do this exercise. You may find that it settles your mind, offers a change in perspective, and reconnects you with the web of life around you.

Try this experience anywhere outdoors with trees or water – a local hiking trail, your backyard, the neighborhood park, near the bay, or on the seashore. Bring a seat cushion, yoga mat, or blanket to help you stay comfortable.

PRACTICE

Sit in a comfy spot as *quiet and secluded* from artificial noise if possible. This could be under a tree, in a park, near a creek, or on a sandy beach.

Get comfortable by gently shaking out your arms, rolling your neck, and shrugging your shoulders a few times.

Close your eyes and take a *deep breath through your nose* for four seconds, holding your breath for four seconds, and then exhale deeply through your nose for five seconds. Repeat this for about a minute. As you inhale, imagine pulling positive healing energy into your body and removing negative energy and toxins as you exhale.

If random thoughts pop into your head, that's fine. There's no need to fight – simply let them float away like a cloud. Focus only on the present moment and what you're experiencing right now.

Move your attention from your breathing to the way your body feels. Witness how the ground is solid under your body, how the sun feels on your face, and how the air feels on your skin. What do you notice?

Now move your attention to what you can hear. What is the most present, nearest sound? What's the most distant faintest sound? What do you detect?

Now focus on what you can smell. What are the dominant scents you can pick up using your nose keenly? What are the slight, more subtle aromas you can detect? What do you notice?

With your eyes still closed, pause for a moment, and imagine that you're visiting Earth from another planet. You've just arrived here for the first time. When you're ready, open your eyes, and **behold your surroundings** as if you're seeing Earth for the very first time. What do you notice?

After you finish with this seated experience, take a slow walk through the natural setting or park while continuing to use all five senses.

*This practice is shared with permission from Phil Hosmer, Founder of Nature Worx and the [Center for Nature Informed Therapy](#), | 1010 Dulaney Valley Rd, Towson, MD 21204.

DAY THREE | GROUND

Many grounding exercises are meant to help us get out of our worrying or distracted minds and be more present in the body. It's in the body where we can experience this present moment and aliveness. Grounding practices tend to involve contacting our senses. Nature is the perfect place to enhance and support a grounding experience. There's also some evidence that grounding by being in direct contact with the Earth itself, also known as 'earthing,' has healing benefits, including reducing inflammation in the body.

If we have unprocessed trauma, it can initially feel difficult to be present in the body. The feet are often an accessible access point for body sensations for most people.



Try this grounding exercise from Dr. Kristen Neff called "Soles of the Feet." To access the practice, first [download this audio](#).

This grounding practice uses awareness of the physical sensations connected with the soles of the feet. Find a place outdoors to stand barefoot on the natural ground. Enjoy both the embodied awareness and healing connection with the earth. Stay a while after the audio ends – ideally for 20 minutes. Notice how your body feels after the grounding practice and physical contact with nature. This would be a wonderful daily practice!

DAY THREE PRACTICE

DAY FOUR TAKE IN THE VIEW

Research has shown that viewing scenes from nature can reduce stress and enhance feelings of well-being*

Additionally, the color green on the color spectrum is the easiest for our eyes to register and supports relaxation in sensory processing. Viewing fractals, like those found in ferns, shells, or leaves, can reduce stress levels by up to 60%!

**JO, H., Song, C., & Miyazaki, Y. (2019). Physiological Benefits of Viewing Nature: A Systematic Review of Indoor Experiments. International Journal of Environmental Research and Public Health, 16(23), 4739.*

PRACTICE

Enjoy connecting with nature through your gaze.

Take at least 10 minutes to play with this exercise outdoors. If getting outside isn't possible, know that the benefits of viewing nature scenes extend even to the screen: research has found that looking at images of nature on a TV or computer screen can still have a calming effect on the body.

Perfect for when you can't step away from your desk. Watch the video at the link below to enjoy the benefits as well.

[3 HOURS OF AMAZING NATURE SCENERY & RELAXING MUSIC FOR STRESS RELIEF](#)

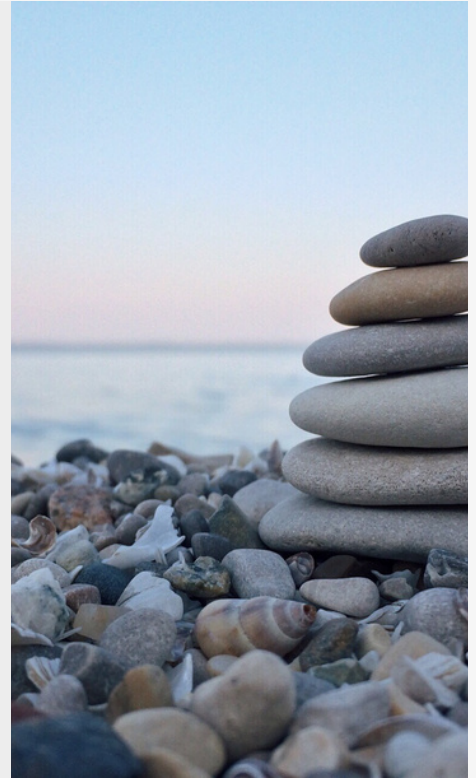
DAY FIVE | FIND YOUR SELF IN NATURE

The language of the natural world involves symbols and metaphors, just like the language of our unconscious minds. Today's practice uses these representations.

PRACTICE

Sometimes symbols or images can communicate or connect to meaning that words can't fully encompass. Visit a setting that includes natural elements. This could be a park, a backyard, the outdoor section of a home and garden store, or even your collection of potted plants. Find a natural object that represents yourself at this moment. This object could be a plant, stone, leaf, twig, acorn, or anything else. Turn off your thinking mind and allow what intuitively stands out to guide your selection.

*What speaks to you in this object?
What part of you does it represent?
How do you feel toward this object?*



If you sense a reaction other than openness or curiosity, select another object to represent your reaction to this item. Notice the relationship between the two responses.

*How does it feel to notice both?
Can you access any curiosity for this item or, if you chose a second one, these items together?
What might this representation of this part of yourself like you to know as you notice it with curiosity?*

As you complete this process, you might extend gratitude toward the item(s) for what you learned about yourself from them.



NEXT STEPS

WELL DONE!

YOU JUST COMPLETED THE **5-DAY NATURE WELLNESS RESET**. I HOPE YOU'RE FEELING CALMER, MORE GROUNDED, AND MORE CONNECTED TO OUR BEAUTIFUL PLANET AND YOURSELF. NOW, TO KEEP YOUR MOMENTUM GOING, HERE ARE SOME WAYS TO CONTINUE INTEGRATING NATURE'S BENEFITS INTO YOUR LIFE:

- Commit to investing two hours outdoors each week, aiming for at least 20 minutes a day.
- Read more about how US doctors are [prescribing nature](#) in 35 states
- This [TED talk from Emma Marris](#) opens new possibilities for what we see as natural and why this is important for our future – especially for kids!
- Interested in reading more about the researched benefits of nature exposure? Check out this article from the American Psychological Association: [Nurtured by Nature.](#)
- Read Robin Wall Kimmerer's book, [Braiding Sweetgrass](#), for a gorgeous blend of science, Indigenous wisdom, and a call to being in right relationship with the natural world and living in reciprocity with the gifts we receive from the earth.
- If you're near Maryland, explore the [Center for Nature Informed Therapy's offerings](#) – they have groups, hikes, retreats, and more.
- Consider your own nature prescription and find the perfect therapeutic dose for you!

WHO CREATED THIS?

I'M ELIZABETH SCOTT, AND I OFFER HOLISTIC THERAPY THAT HONORS THE CONNECTION BETWEEN YOUR MIND, BODY, AND SPIRIT.



ELIZABETH SCOTT
LCPC

With over a decade of clinical experience, I've adopted a holistic approach blending experiential work in therapy with the latest advances in neuroscience, the power of mindfulness and embodiment, and the wisdom of your intuition and inner world.

I received my Master's in Clinical Counseling from Johns Hopkins University in 2011 and became fully licensed as a professional clinical counselor (LCPC) in 2015. For 12 years, I served in the Counseling Center at Notre Dame of Maryland University, providing psychotherapy to students and clinical supervision and training to Counseling Center staff. In the summer of 2022, I transitioned from my role as Assistant Director to pursue private practice full-time.

Today, I offer psychotherapy to adults and have a passion for working with young women in emerging adulthood – in college, graduate, or higher ed. I also enjoy helping women undergoing life transitions, those seeking to spark changes in their relationships by focusing inward and facilitating self-exploration and identity work.

As an Internal Family Systems (IFS)-informed therapist, I also work intuitively and integratively, using warmth, compassion, and acceptance while drawing from evidence-based practices and the latest in neuroscience research.

I'll support you in living a beautiful life by promoting insight, increased awareness, and self-compassion in a way that leads to more choices and more freedom.

It's deeply meaningful for me to meet you exactly where you are in your unique experience.

[EXPLORE HEARTSIGHT HEALING SERVICES.](#)



LET ME LEAVE YOU WITH A FAVORITE
NATURE-INSPIRED POEM:

WILD GEESE BY MARY OLIVER

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.

Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting -
over and over announcing your place
in the family of things.