

How to Connect with Nature Wherever You Are:

Simple Ways to Integrate Nature Awareness with Daily Activities

In the early morning...

- Greet the day. Notice the sunrise, sky, and weather. Take a few deep breaths and perhaps give thanks or affirm your intentions for the day.
- Step outside, breathe in the air, and take in the sights and sounds. Notice if birds or other natural neighbors are out and about.
- If you have a garden, visit your plants and see what they're up to, and maybe water or tend them a bit.
- Go for a walk or exercise outdoors. You will think and feel better during the day and sleep better at night.
- Do a nature meditation or visualization. You can use a recording or simply picture yourself in a peaceful, beautiful setting; tune into what you see, hear, and feel around you; and drink it in.
- If you're cultivating relationships with particular allies in the natural world, you can call them in, thank them for their gifts, and invite their support and guidance.

During the work day...

- Include living plants, natural objects, or nature images in your workspace, in places where you will see them regularly.
- Take actual breaks so you can return to your tasks with renewed energy, focus, and creativity—even micro-breaks make a difference. (Be aware: looking at a screen is not a real break!)
- For brief breaks, look up from your work or device and focus softly on something natural or beautiful—an indoor plant or nature image, or trees or clouds outside the window. If you've been sitting, stand up and stretch or move around.
- For longer breaks, walk or move your body; ideally in a setting with green plants, water, or other natural elements. Take meal breaks outside or near a window with a view when you can.

While you're walking outside...

- Turn off your device or leave it behind and notice your surroundings. Your walk will be safer, more enjoyable, and more revitalizing.
- Open your senses and awareness and explore the world around you. Look up, down, and all around. Notice and enjoy what's happening in the present moment—you may discover unexpected delights.
- Try on different routes to your usual spots—make it a mini-adventure!
- Tune into the presence of the natural world around you. Notice seasonal changes like the first spring blossoms or fall colors. Greet some of your natural neighbors—smile at a bird or say hello to a tree.
- Spot beauty, even in small things or unlikely places. Pause to appreciate a lovely flower, plant, or butterfly and let it nourish you.
- Marvel at everyday wonders of the world like plants growing, birds flying, and dewdrops making rainbows in the sun.

While you're driving or traveling...

- Choose routes with more plants, trees, or water, ideally without increasing your carbon footprint.
- Tune into the presence of nature when it's safe to do so. While you're at a red light or stuck in traffic, see if you can find something natural or beautiful to look at. (Give those plants in the median strips some love!)
- When you arrive somewhere, take in your surroundings, noticing the presence of the natural world.

At mealtimes...

- Before you enjoy a meal, pause to notice the food on your plate and the abundance it represents. As you eat, appreciate the flavors, textures, and aromas.
- Picture the plants, animals, and people who made your meal possible and send them some gratitude.
- Speak words of thanksgiving for your meal, your day, and your companions, or share a nature connection moment from your day.

Near the end of the day...

- Notice the sunset, the moon, and the night sky. Step or sit outside to observe them and feel the night air.
- Give thanks for some of the gifts you received from the Earth that day.
- Journal or share with a loved one about something you're grateful for, or a nature experience from your day.
- Do a nature meditation or visualization (see early morning tips).
- Read a few poems (perhaps from the book you are holding in your hands) or a story that invites you into the natural world.

Excerpted from *Poems of Earth and Spirit: 70 Poems and 40 Practices to Deepen Your Connection with Nature* by Kai Siedenburg.

Learn more at PoemsofEarthandSpirit.com or OurNatureConnection.com.