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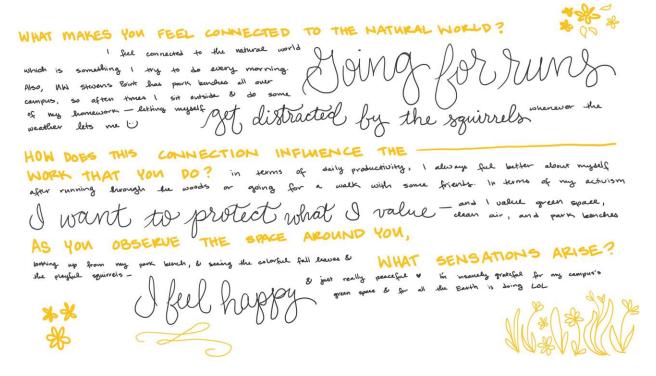
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Think

As part of my daily routine, I run through the woods in the mornings, breathing in fresh air, stopping occasionally to take a photo of a flower, and destress. This routine, though small and only lasts an hour, reconnects me to my inner island of peace and gives me energy throughout the day. In the Japanese culture, their word for this translates to *forest bathing* (shinrin-yoku). Reconnecting with nature definitely helps me appreciate the environment, and give me the strength to advocate for the earth.

Challenge



Reflection

Reconnection means taking the time to appreciate the world around you and letting that appreciation ground you. After sitting outside, breathing deeply, and journaling, I felt rejuvenated. I am not one to meditate often, however this exercise was so simple that I may try to incorporate it in my next outdoor study session or nature walk!

In the moment that I closed my eyes, I learned just how stressed I was. Taking the deep breaths and focusing my attention on a chickadee chirping happily above me, I felt this energy leave my body. I feel completely relaxed!

Instagram

