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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

WHAT MAKES YOU FEEL CONNECTED TO THE NATURAL WORLD?



I feel connected to the natural world which is something I try to do every morning. Also, NW Stevens Point has park benches all over campus, so often times I sit outside & do some of my homework – letting myself get distracted by the squirrels whenever the weather lets me 😊

Going for runs

get distracted by the squirrels whenever the weather lets me 😊

HOW DOES THIS CONNECTION INFLUENCE THE

WORK THAT YOU DO?

in terms of daily productivity, I always feel better about myself after running through the woods or going for a walk with some friends. In terms of my activism

I want to protect what I value – and I value green space, clean air, and park benches

AS YOU OBSERVE THE SPACE AROUND YOU,

looking up from my park bench, & seeing the colorful fall leaves & the playful squirrels –

WHAT SENSATIONS ARISE?

& just really peaceful & I'm insanely grateful for my campus's green space & for all the Earth is doing LOL



I feel happy



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 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



RECONNECTION

MORNING RUN - AFTERNOON BIKERIDE - BUILDING SANDCASTLES
WALK THROUGH THE WOODS - PICNIC IN THE PARK - RELAXING
WATCHING THE SUN RISE - SWIMMING IN A LAKE - CLIMBING TREES
FISHING WITH MY DAD - WALKING MY DOG - REFLECTION
CAMPING UNDER THE STARS - LONG RUNS THROUGH THE WOODS