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WELLNESS WALK JOURNAL


A program of the



American
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**Did you know
spending time in
nature can make
you feel better?**

It can calm you down and energize you. It can reduce your stress level and increase your happiness.

Research studies show that spending time in nature improves physical, mental, and social well-being. Use the activities in this journal to help you walk your way to happiness and good health.

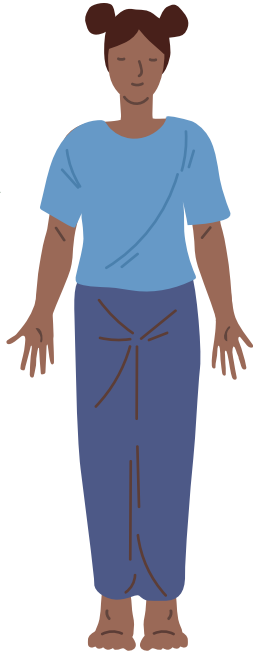
In Japan, people practice forest bathing, known as Shinrin-yoku (shīn-rīn-yō'koo). To forest bathe, you immerse yourself in nature in a slow, mindful way.

**MY
GRATITUDE
TREE**

Fill the tree's leaves with things you are grateful for today.

FOREST YOGA

Find a peaceful space among the trees. If you feel comfortable and safe, take off your shoes and socks. Stand tall, take deep breaths, and relax as you flow through these forest yoga poses.



Mountain Pose

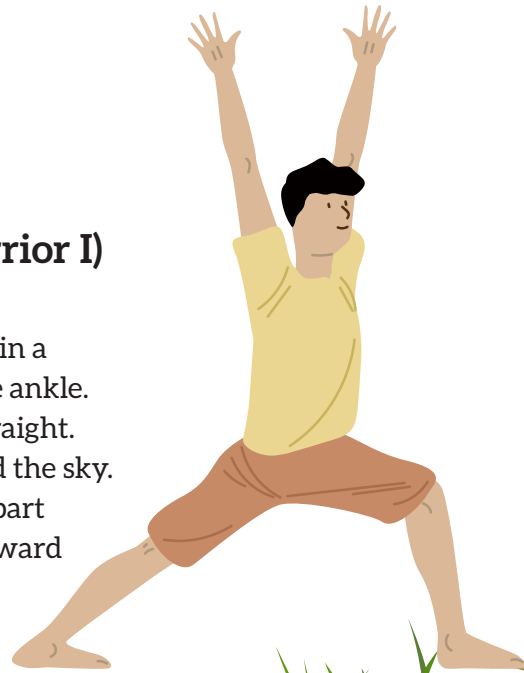
Feel steady and powerful like a mountain.

- 1 Straighten your back.
- 2 Relax your shoulders.
- 3 Place your feet hip-width apart.
- 4 Face your palms forward.
- 5 Lift your head.

Deer Pose (Variation of Warrior I)

Test your balance!

- 1 Bend your front knee in a straight line above the ankle.
- 2 Keep your back leg straight.
- 3 Reach arms up toward the sky.
- 4 Spread your fingers apart with palms facing forward like deer antlers.



Tree Pose

Reach your branches toward the sky!

- 1 Gaze at a tree in front of you.
- 2 Plant your standing leg firmly on the ground.
- 3 Bend your knee.
- 4 Tuck your foot on the inside part of your leg.
- 5 Stretch your arms toward the sky.



Remember to...

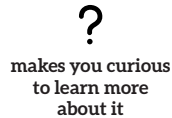
- Adapt the poses as needed for your body.
- Hold the poses as long as you can.
- Repeat the pose with the other leg.
- Try again if you fall over.

How does your body feel now that you are done?
What did you notice about nature as you were doing the poses?






GRATITUDE WALK

Have you ever thought about all the wonderful things and experiences that nature gives us? Gratitude is a feeling of appreciation or thankfulness for what has been given or done. Expressing gratitude makes us happier.

As you walk, look for something in nature that...



As you forest bathe...

-  **Walk slowly.** Feel the ground beneath your feet. How does it feel?
-  **Take deep calming breaths.** Breathe deeply. Slowly breathe out twice the length of the inhalation.
-  **Use your senses to observe nature.** What sounds do you hear? What do you smell? Find five textures to feel.
-  **Stop and wonder.** Find something beautiful. Why do you think it is beautiful?
-  **Spend some time in stillness and silence.** When you feel comfortable, close your eyes and relax.

Use the space below to draw or write about your experience. What did you notice? How do you feel? What was your favorite sense to use?

PERFORM ACTS OF KINDNESS

How can you care for our natural world? Share your ideas here.

