

In tune with nature

Move mindfully

Being active in forests and woodlands lowers our blood pressure, strengthens our immune system and enhances our mental health; and reminds us that even nature's gentle giants relinquish stoicism from time to time.

Even big trees that seem stoic and firm need flexibility to weather a storm; able to bend in strong winds so they don't break. When they endure hardship, they add on wood for literal strength, adapting to survive. There is surely a lesson in resilience for us in there somewhere...

Notice how your mind and body are feeling today. What would help you feel stronger?