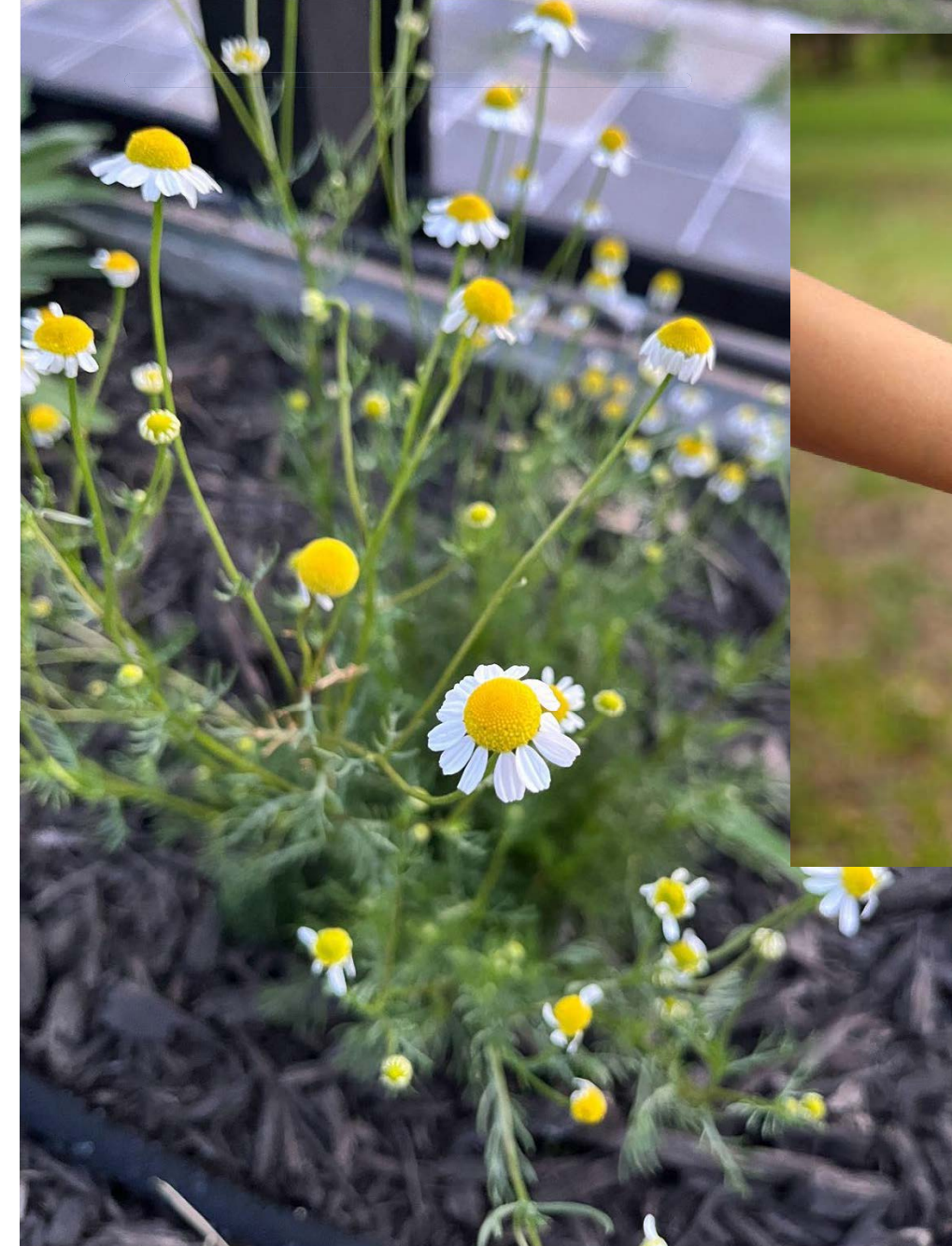




How to Get Outside When You Can't: Navigating Barriers to Healing in Nature

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We are here to...

1. Identify barriers to getting outside
2. Gather tools to navigate them
3. Learn to be our own guides
4. Connect with Nature at our own pace



A low-angle, upward-looking photograph of a dense forest. The image captures the intricate network of tree trunks and branches, which are dark and textured, reaching towards a bright, sun-drenched canopy of vibrant green leaves. Sunlight filters through the foliage, creating a dappled pattern of light and shadow. The overall atmosphere is one of natural beauty and tranquility.

Let's begin with Nature

What makes you feel like you?

- When we consider what holds us back from something, we must first ask ourselves what it is we seek.
- What am I looking for and what makes me feel:
 - connected
 - still
 - content
 - free
 - like I can breathe
 - like I'm not alone
 - _____?

What is holding you back?

- Physical barriers
 - physical fitness level
 - disability
 - illness or injury
 - weather
 - access to outdoor spaces
 - ...
- Financial barriers
 - transportation
 - park fees
 - gear and equipment
 - ...
- Mental & Emotional barriers
 - grief & loss
 - relationships
 - mental health
 - expectations of others
 - social media
 - general phone use
 - ...

You & Nature Already Hold the Tools

You are nature.

The Biophilia Hypothesis

The Biophilia Hypothesis:

human dependence on nature extends far beyond material and physical sustenance, to encompass the human craving for aesthetic, intellectual, cognitive, spiritual meaning and satisfaction.

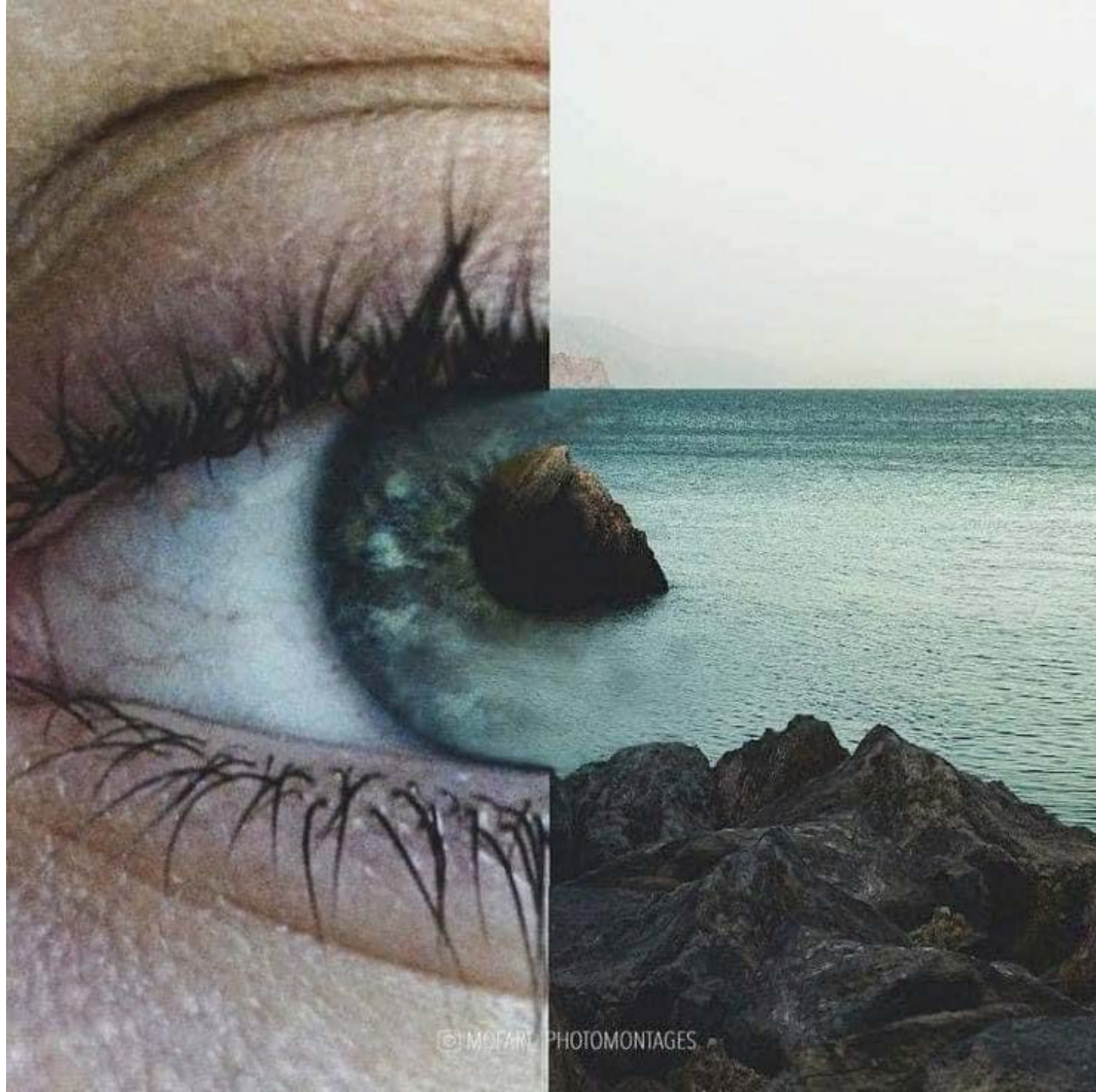
- Is inherent
- Associated with genetic fitness
- Basis for reverence for life

E O Wilson 1984



International Companion
Animal Welfare Conference









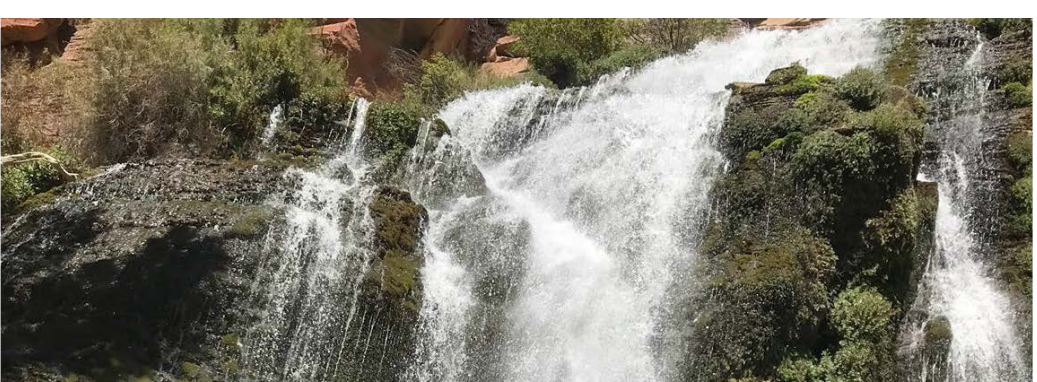






You & Nature Already Hold the Tools

- You are nature. What we seek is within us and around us.
- Nature shows us that nothing is perfect, and your outdoor experiences won't be either.



You & Nature Already Hold the Tools

- You are nature. What we seek is within us and around us.
- Nature shows us that nothing is perfect, and your outdoor experiences won't be either.
- Make the choice to “reframe.”
- You are not alone - Ask for help and connect with community.



You & Nature Already Hold the Tools

1. Remember that you are nature.
2. Connect with ecological metaphors.
3. Turn away from perfectionism.
4. Make the choice to “reframe” challenging situations.
5. Remember you aren't alone.
6. Ask for help.
7. Connect with community.

Be Your Own Guide & Get Outside



Be Your Own Guide & Get Outside

So far we have...

- Identified our personal barriers
- Gathered tools to navigate our barriers
- Learned that we are nature.

So, **HOW** do we get outside and **WHAT** do we do?

Notice Nature

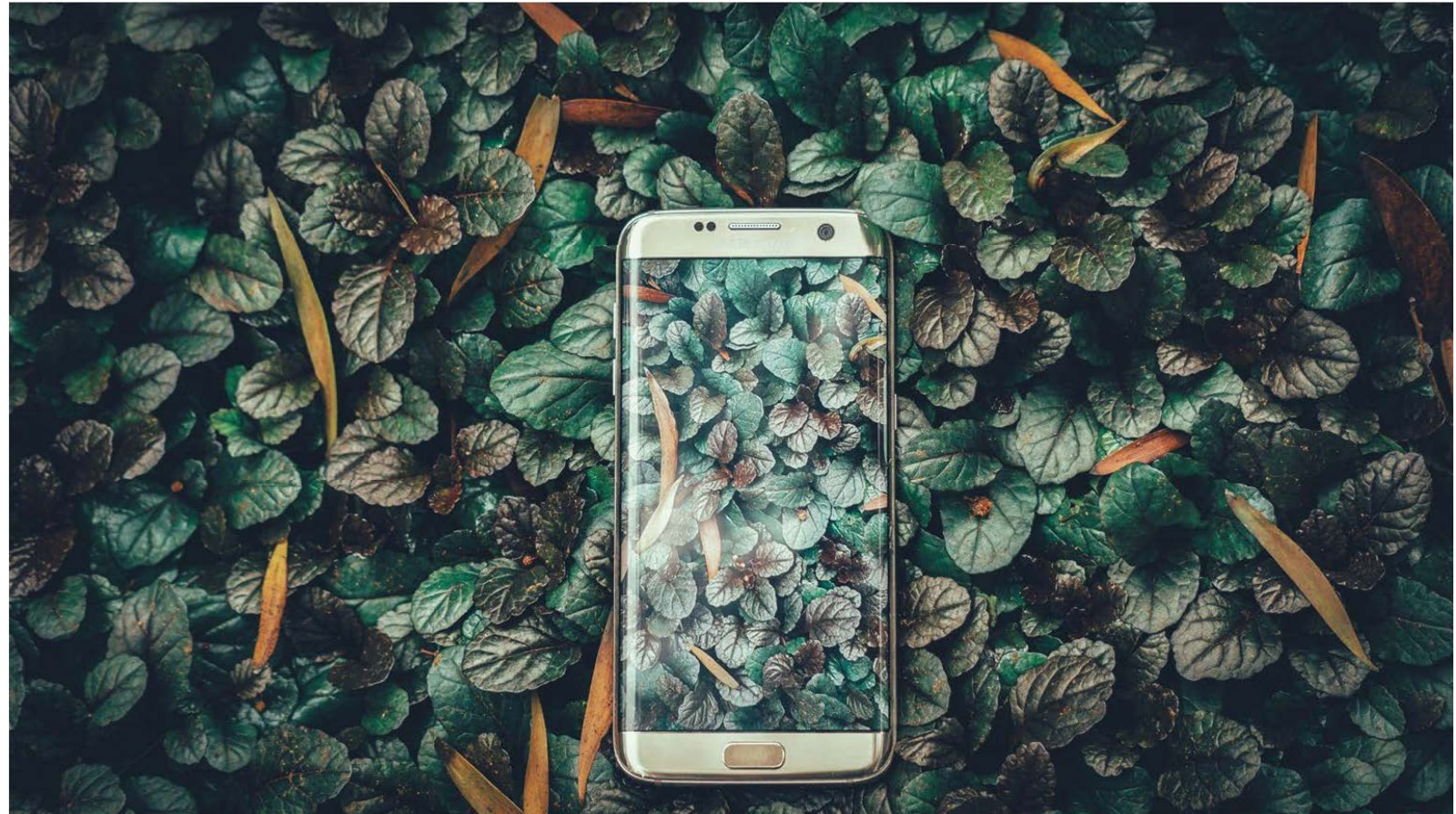
- Mindfulness
- Positive experiences of AWE
- Awe is the feeling of being in the presence of something vast that transcends your understanding of the world.
- Awe helps us feel
 - connection to something greater
 - diminished focus on self
 - reduces stress
 - increased curiosity and empathy
- Present moment awareness
- Tuning into the micro world
- What do you notice?



Access to Nature

Where can I go?

- Online engagement and resources



Access to Nature

Where can I go?

- Online
- Nearby nature



Access to Nature

Where can I go?

- Online
- Nearby nature
- Public Lands



Access to Nature

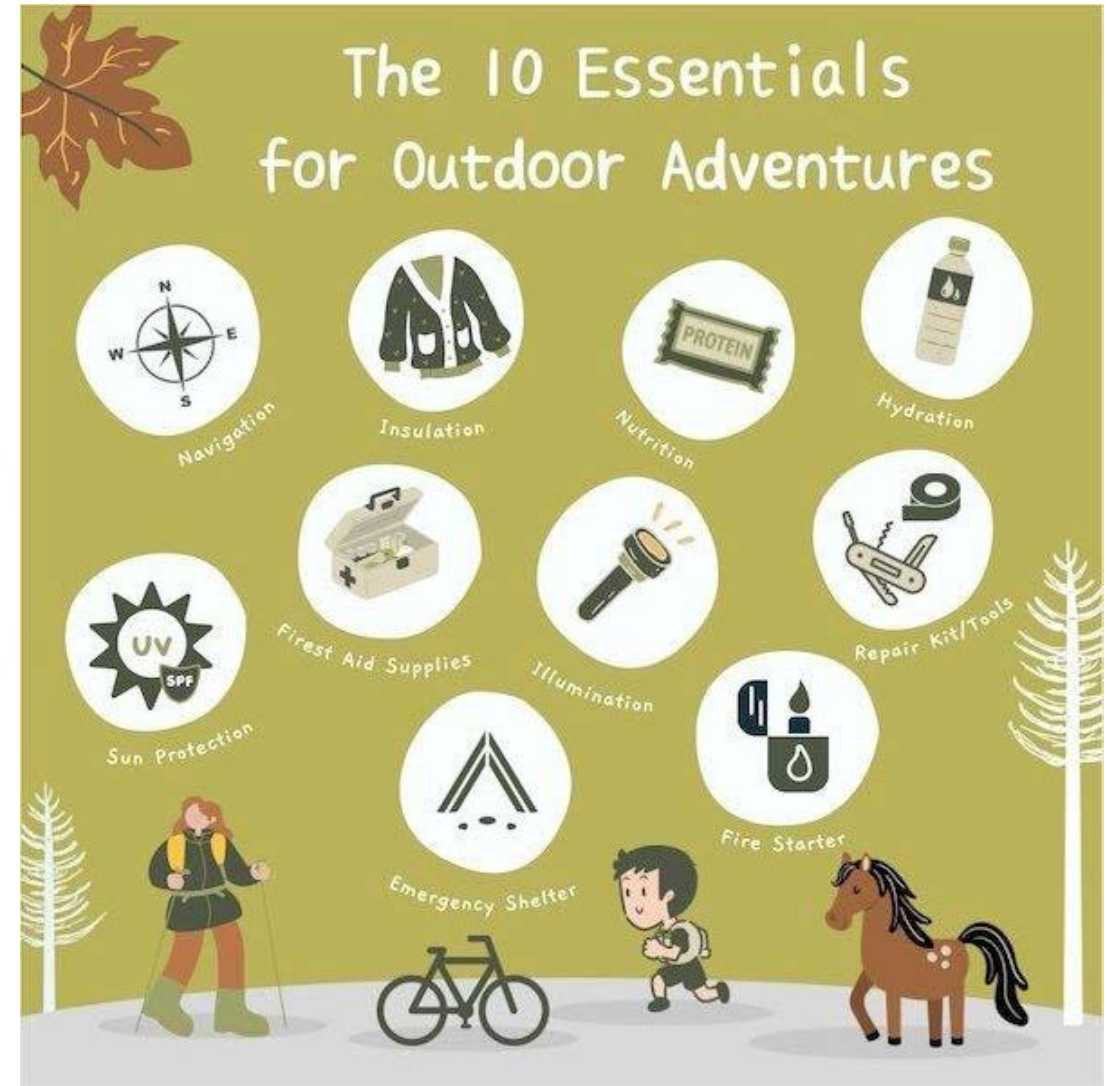
Where can I go?

- Online
- Nearby nature
- Public Lands
- with TAPS



SAFETY FIRST

- When exploring, always ensure you have your 10 essentials
- After doing research if you still have reservations, contact a guide.
- Start small



Nature at Your Own Pace

Give yourself
compassion,
BUT hold yourself
accountable in
your own healing.



Nature at Your Own Pace

Even the smallest bit of exposure to nature in your day can create shifts in your overall well being.

Turn towards nature. Open your window, step outside, go for a walk, explore. But, go.





Questions & Discussion



About the TAPS Institute for Hope and Healing®

Launched in March 2018, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.





TAPS®

is working

24/7

To provide hope and healing
during these challenging times

National Military Survivor Helpline:

800-959-TAPS (8277)