

NATURE INFORMED SELF-CARE PLAN

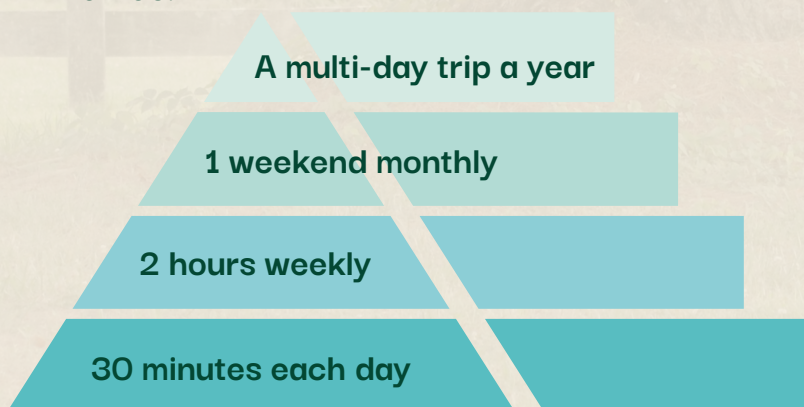


The SHIFT Rx Challenge Pyramid

The Pyramid, called The SHIFT Rx Challenge Pyramid, is informed by Florence Williams' research in her book *The Nature Fix*, as well as Tanya Denklacobb and the Biophilic Cities Project's "Nature Pyramid." The SHIFT Rx Challenge Pyramid indicates optimal "doses" of nature. From daily micro-doses, such as exposure to daylight and plant life, to annual multi-day excursions into wilderness areas where people can disconnect from technology, the Pyramid offers recommendations for duration and location of nature contact.

Optimal Nature Dosage for Mental Health

According to the guidelines of the Nature Dose Pyramid, for optimal mental health, incorporating nature into your routine involves:



These doses should involve being surrounded by predominantly flora and fauna, with minimal man-made structures. How can you structure a nature-based self-care plan in alignment with these recommendations?



FORMULATE YOUR NATURE-INFORMED SELF-CARE PLAN

Reflection Questions:

1. How Do You Currently Engage with Nature?

Evaluate your current interactions with nature. Do you already spend time outdoors, or is it an area you'd like to prioritize?

2. What Are Your Self-Care Goals?

Consider your overall well-being goals. How can nature complement and contribute to these goals?

3. How Does Nature Impact Your Mood and Energy Levels?

Reflect on the emotional and physical effects of spending time in nature. When do you notice improvements in mood and energy?

4. What Activities Bring You Joy in Nature?

List activities in nature that bring you joy. This could include hiking, birdwatching, gardening, or simply sitting in a park.

5. How Can Nature Fit into Your Daily Routine?

Explore ways to integrate nature into your daily life. Are there moments during the day when you can incorporate short nature breaks?

6. Are There Barriers to Spending Time in Nature?

Identify any barriers preventing regular nature engagement. This could include time constraints, location, or personal preferences.



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