

Directions: Complete the following list of questions in a private document and then answer the reflection questions on the submission form.

To be completed on a private document.

1. Compile a list of areas nearby where you can go and connect with nature in a way that is enjoyable to you. For each location come up with 2-3 ideas of what you can do there to help you mentally or emotionally
 - a.
 - b.
 - c.
 - d.
 - e.
2. Come up with a personal plan for a way to destress using the outdoors using resources available in your community
3. Come up with a list of places where you can go with friends or family to better connect and still enjoy time outside and in nature. Again, come up with 2-3 ideas of things that you can do in each place.
 - a.
 - b.
 - c.
 - d.
 - e.
4. Develop a plan to desocialize, come up with an idea for where you can go when you want to escape a bit and be alone (or in a very small group) as a means of helping slow down a bit and giving yourself a break.
5. Write down the contact info for a go to person that you could head outside with. (This should also be a good emotional support person)
6. Set a goal for how many outdoor activities you want to be involved in during a day, throughout a week, during the month, & throughout the course of a year. (these can be as small as a walk, or as large as a trip)
7. Write a justification on why it is personally important to stick to the goals you have set for yourself for your own environmental health.