



# Info2Go! Let's Go Outside: Self-Care in the Great Outdoors

Annie Gaines, Idaho Commission for Libraries



**ICfL** Idaho  
Commission  
for Libraries

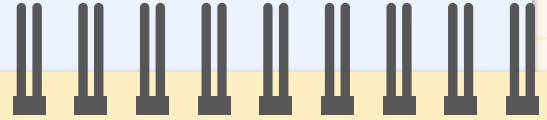
 INSTITUTE of  
Museum and Library  
SERVICES

# What is self - care?

Taking care of yourself so that you can be healthy and well.

WHO defines self-care as “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker.”

Anything related to staying physically and emotionally healthy.



# Self-care



Focused on general well-being.

Tuning into ones needs and meeting those needs.

Anything you do for yourself that feels nourishing.

It could be relaxing, calming, intellectual, spiritual, physical, or practical.

# Self-care

Checking in with yourself – how are you doing physically, mentally, and emotionally?

Different for each person.

Helps us to be better able to react to what happens in our lives.

A way to maintain positive well-being.

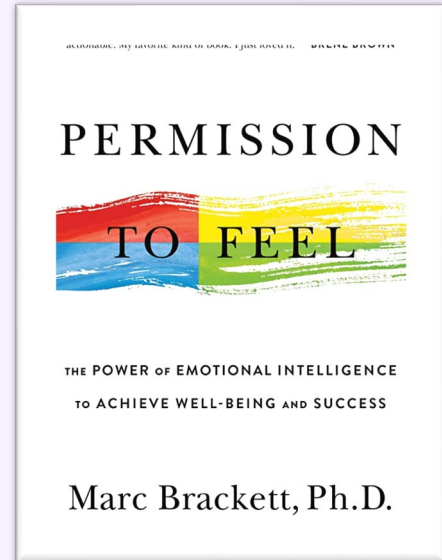


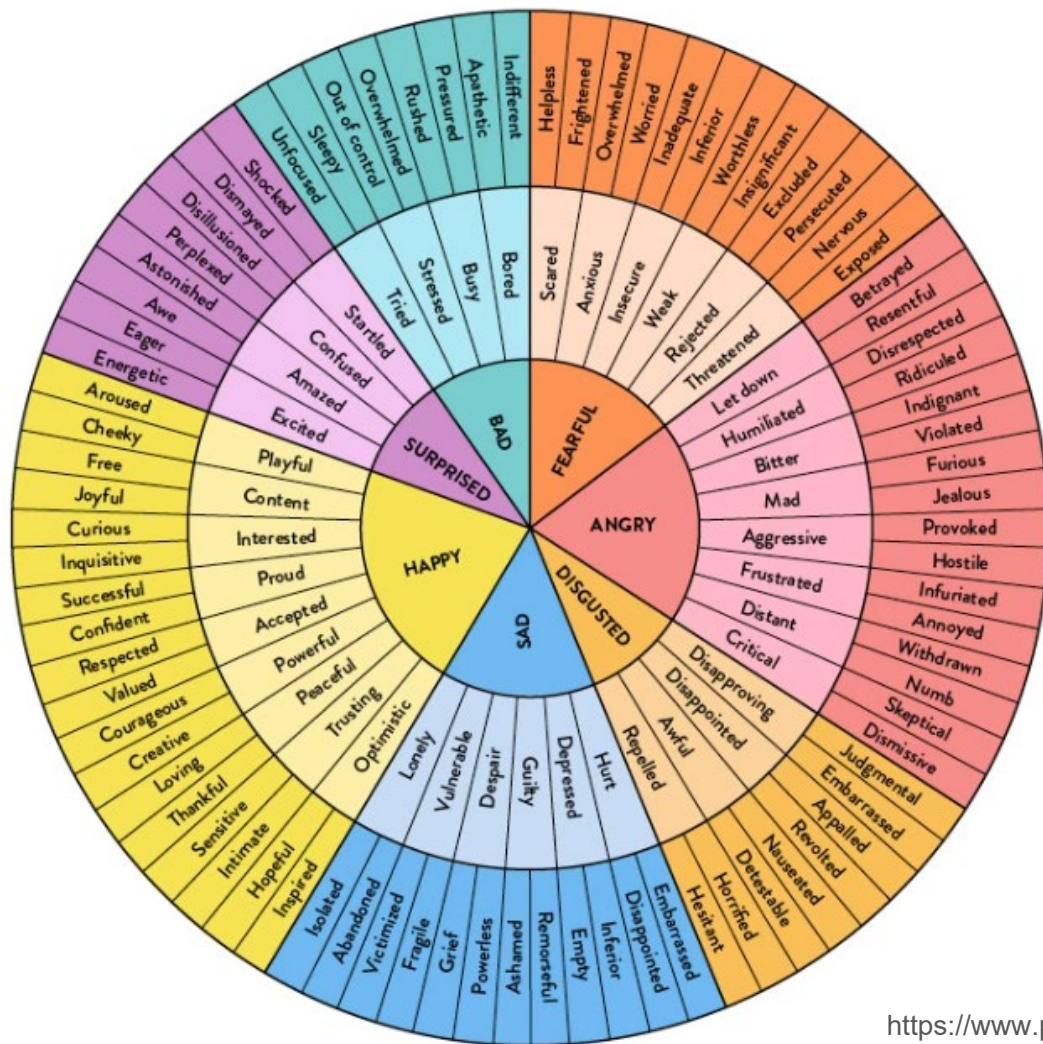


# Naming emotions

“Permission to Feel” (2019) by Marc Brackett, PhD suggests a five -step process to managing our emotions: R.U.L.E.R.

- Recognizing
- Understanding
- Labeling
- Expressing
- Regulating





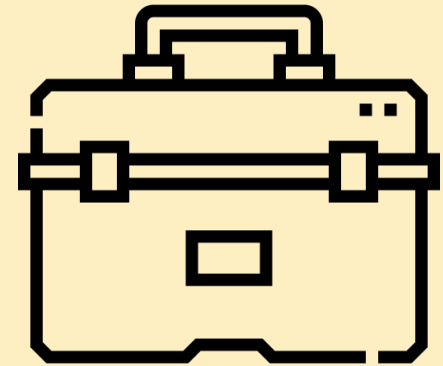
# Self-care

Toolbox – literal or metaphorical toolbox of self-care tools and resources.

A drawer with candy, coloring books, healthy snacks, fidget toys, etc.

A list of bookmarks to funny YouTube videos.

A list of things to do in your notes app.



# Self-care

## Emotional

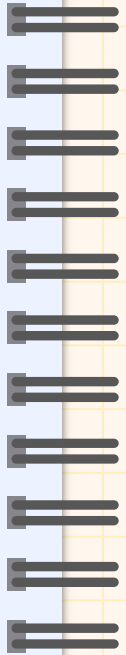
Saying “no” to things, giving yourself permission to take breaks, weekly hangouts with friends, therapy, regular bubble baths, etc.

## Physical

Prioritizing sleep, eating nourishing foods, drinking enough water, adopting a simple exercise routine, etc.

## Spiritual

Attending religious service, meditating, regular acts of kindness, keeping a gratitude journal, spending time in nature, etc.





# Tangent!



Meditation is not for everyone.

Sean Grover. "5 Reasons Why Meditation Doesn't Work for Everyone"  
Psychology Today, December 6, 2022. <https://www.psychologytoday.com/us/blog/when-kids-call-the-shots/202212/why-meditation-doesn-t-work-everyone>





The great outdoors

# Research!



“The Health Benefits of the Great Outdoors: a systematic review and meta-analysis of greenspace exposure and health outcomes.”

Environmental Research, 2018  
Oct, 166: 628-637

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6562165/>



“Minimum Time Dose in Nature to Positively Impact the Mental Health of College-Age Students, and How to Measure It: a scoping review.”

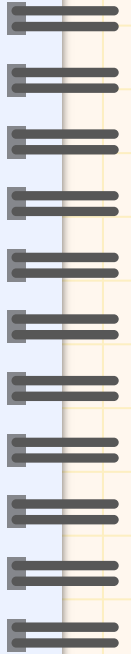
Environmental Review, 2019,  
Volume 19

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02942/full>



# More research!

- People with depression who walk in nature have an improved mood
- A survey found that higher levels of greenspace is associated with low levels of depression
- Time in nature significantly decreases anxiety and stress in children
- Exercising in natural environments reduces stress better than exercising indoors
- Children with ADHD concentrate better after walking in a park
- Recess in a natural environment has been shown to improve restorativeness and test of cognitive performance
- Nature can significantly reduce cortisol levels, a measure of stress, as shown in individuals who participated in forest bathing sessions





# Tangent!

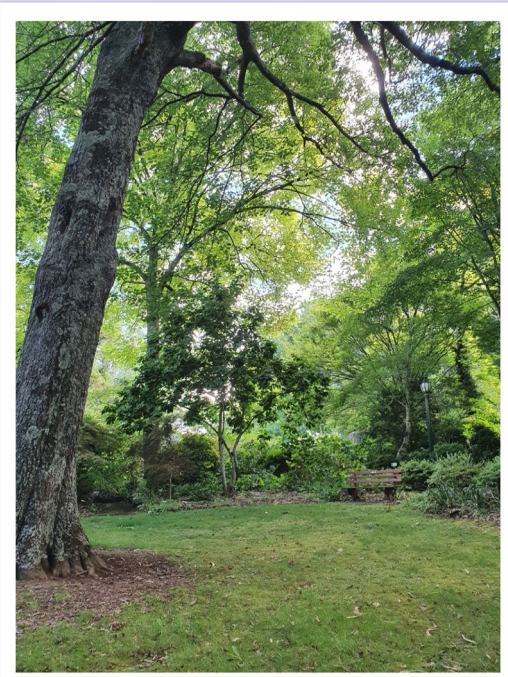


What is forest bathing?



Sunny Fitzgerald. "The secret to mindful travel? A walk in the woods." National Geographic  
<https://www.nationalgeographic.com/travel/article/forest-bathing-nature-walk-health>

# Expand your definition of “nature”



# Write yourself a nature prescription

## Rx My Nature Prescription

English Español

**NAME** Enter Your Full Name

**PLACE** Where do you feel safe and comfortable, outside? Where do you like or intend to spend time outdoors?  
[Looking for a park?](#)

**ACTIVITY** What do you enjoy doing outside? What can you commit to do outside. With whom or alone? Unplugged without earbuds?

**FREQUENCY** How many times per week, which days of the week, afternoons, mornings, after school or work, on the weekends? Is frequency commensurate with therapeutic goals?

**DURATION** How many minutes or hours can you commit to engaging in this activity? Be realistic. Is duration commensurate with therapeutic goals?

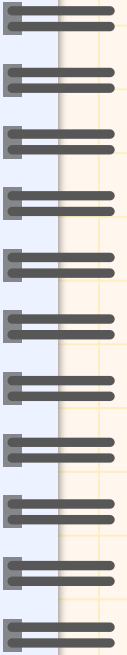
[Print/Download Prescription](#)

Share this prescription with your healthcare professional to safely optimize your therapeutic potential!

Park Rx America

<https://parkrxamerica.org/patients/write-your-own-nature-prescription.php>

# Go barefoot



# Find a spot to sit





# Find a community



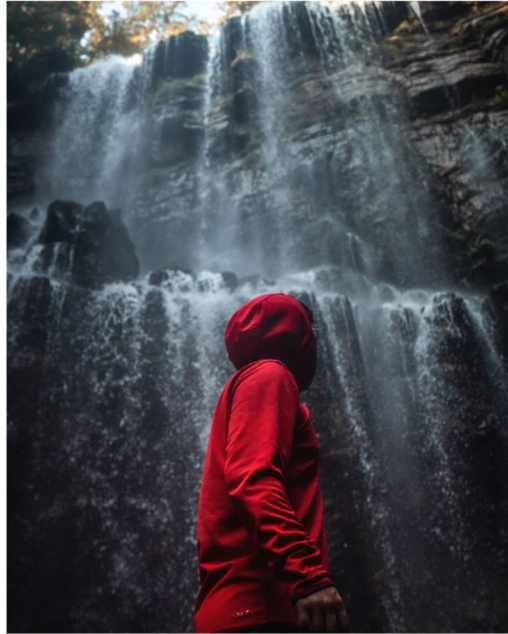
“The Mental Benefits of Seeking Awe.” Psychology Today, January 30 2023



Seek “awe”



Let your senses be dazzled





# Sensory scavenger hunt



- How many different colors can you see?
- How many shades of green?
- List the things you see that are moving
- Notice all the things that are still
- What are the different sounds that you hear?
- How many layers are there to the soundscape?
- How many different bird calls can you hear?



Try nature journaling

# Try nature journaling

“I notice...”

“I wonder...”

“It reminds me of...”



Free PDF eBook

<https://johnmurlaws.com/product/how-to-teach-nature-journaling/>

Free nature drawing/journaling lessons and ideas

<https://johnmurlaws.com/blog-archives/>





Learn about the land

# Leave your phone at home

Do Not Disturb







Go for an aimless wander  
in the woods



# Challenge yourself physically







Befriend a tree



# Make some art



# Make some art



Robert Smithson's  
Spiral Jetty (1970)  
located at Rozel Point  
peninsula on the  
northeastern shore of  
Great Salt Lake.

<https://www.diaart.org/visit/visit-our-locations-sites/robert-smithson-spiral-jetty>



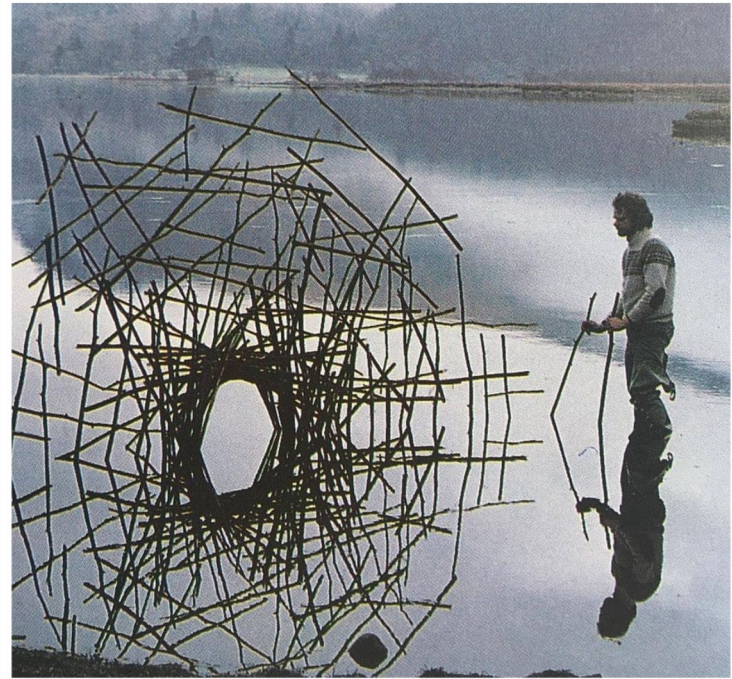
# Make some art



Andy Goldsworthy



# Make some art

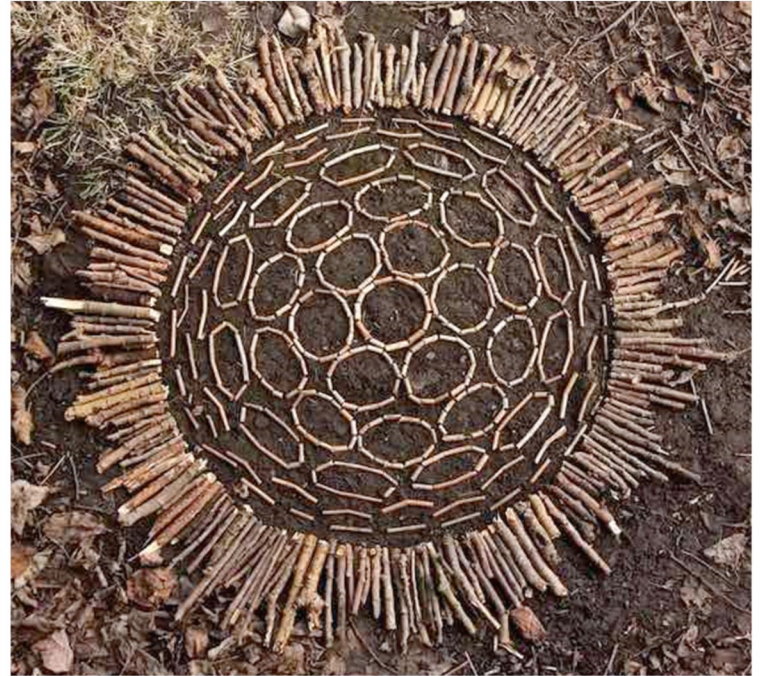




# Make some art



# Make some art



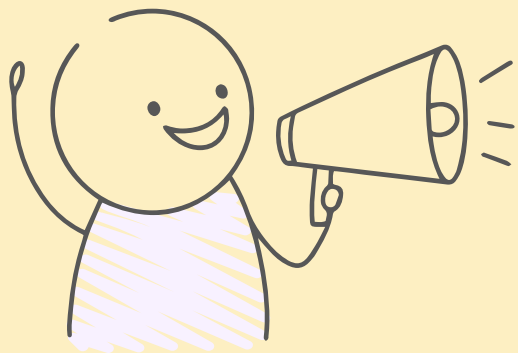


# Make some art

I had a picture of stacked rocks here, but upon learning more I've removed that image. Stacking rocks can be harmful to the surrounding environment for a variety of reasons.

Thanks for telling me!





# Thanks!

Do you have any  
questions?

Annie Gaines  
[annie.gaines@libraries.idaho.gov](mailto:annie.gaines@libraries.idaho.gov)  
208-639-4151



Additional photographs provided by  
unsplash (<https://unsplash.com/>)

**CREDITS:** This presentation template was  
created by **Slidesgo**, including icons by **Flaticon**,  
infographics & images by **Freepik**



# Additional resources

## Books:

- Florence Williams (2017) “The Nature Fix: Why Nature Makes us Happier, Healthier, and More Creative.”
- Dr. Qing Li (2018) “Forest Bathing: How Trees Can Help You Find Health and Happiness.”
- Mark Coleman and Jack Kornfield (2006) “Awake in the Wild: Mindfulness in Nature as a Path of Self-Discovery.”
- Marc Brackett (2020) “Permission to Feel: the Power of Emotional Intelligence to Achieve Well-Being and Success.”

# Additional resources

## Links:

- <https://www.purewow.com/family/feelings-chart>
- <https://www.psychologytoday.com/us/blog/when-kids-call-the-shots/202212/why-meditation-doesn-t-work-everyone>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6562165/>
- <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02942/full>
- <https://parkrxamerica.org/patients/human-benefits-of-nature.php>
- <https://parkrxamerica.org/patients/human-benefits-of-nature.php>
- <https://www.nationalgeographic.com/travel/article/forest-bathing-nature-walk-health>
- <https://parkrxamerica.org/patients/write-your-own-nature-prescription.php>
- <https://www.psychologytoday.com/us/blog/science-of-choice/202301/the-mental-benefits-of-seeking-awe>
- <https://johnmurlaws.com/product/how-to-teach-nature-journaling/>
- <https://johnmurlaws.com/blog-archives/>
- <https://www.diaart.org/visit/visit-our-locations-sites/robert-smithson-spiral-jetty>
- <https://artfulparent.com/richard-shilling-on-land-art-for-kids/>