Eco-Healing Check List

How many of these things are true about your life (or you could make true)?

- [ ] Spend time in nature
- [ ] Garden occasionally or as a hobby
- [ ] Enjoy seeing a wild, non-threatening animal
- [ ] Listen to the sounds of nature (water, wind, animals)
- [ ] Feel physically better after outdoor exercise (green exercise)
- [ ] Have favorite spots in nature you like to visit
- [ ] Visit memories of nature places
- [ ] Become less stressed after spending time in nature
- [ ] Find you can think clearer after being in nature
- [ ] Experience inspiration in nature
- [ ] Have an enhanced sense of spirituality in nature
- [ ] Feel better about yourself and your life after a nature experience
- [ ] Notice less depression and anxiety after being with nature
- [ ] Experience a sense of gratitude for life while in nature
- [ ] Notice change in priorities after spending time in nature

Regardless of how many or how few of the things on the Eco-Healing list you checked, know that research studies have shown that people are restored by nature in all the ways mentioned above.