



## 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.