



**MARYLAND
HEALTH CARE
COALITION**
Against Domestic Violence



Getting Out in Nature

Nature can help calm your body, ease anxiety,
and support your healing.



1. HOW MY BODY FEELS RIGHT NOW

Check in with your body. There are no right
or wrong answers.

	Heartbeat	1	2	3	4	5
		Calm		Moderate		Fast
	Breathing	1	2	3	4	5
		Easy		Moderate		Hard
	Muscle Tension	1	2	3	4	5
		Relaxed		Moderate		Very Tense
	Energy Level	1	2	3	4	5
		Low		Moderate		High

2. WHAT I NOTICE IN NATURE

Use your senses to help you stay present.



5 things I can see



4 things I can hear



3 things I can feel



2 things I can smell



1 thing I can appreciate

3. GROUNDING OUTDOORS



Where do I feel safest in nature?



What helps my body feel calmer?

Choose one or more activities to try:

☐

Sit outside for 5 minutes

☐

Listen to birds

☐

Walk slowly

☐

Touch a tree or plant

☐

Watch the clouds or water

☐

Feel the sun or breeze

4. NATURE REFLECTION JOURNAL

What changed in my body or emotions after spending
time outside?

5. GENTLE REMINDERS



My body is trying to protect me.



I deserve moments of calm.



Healing can happen one
small step at a time.



You are not alone. Be kind to yourself.

