

Ways that we connect with Nature to support Self and Others:

- Connecting with family
- Growing plants
- GROUNDING, CONNECTION
- Walking in it as often as possible
- Having nature around me
- Remembering the importance of nature and spirituality
- Being able to practice mindfulness in nature
- Being aware of the sense of Continuity it offers
- Making sure to get outside as much as possible
- Tactile and sensory nature play with children
- Connecting with my plants and the cat between sessions
- Using nature by working outside with clients when possible
- Realising it's an essential part of life!
- Making sensory connections
- Recognising that it can occur in many different ways from walks through to having small tokens within the office
- Knowing it is conducive to the deeper parts of us - grounding, feeling
- Growing food
- Making a bird bath
- Noticing nature intentionally
- Grounding
- Calming regulation
- Enjoying an ocean breeze
- Being in nature helps put things into perspective
- Being aware of the physical changes we experience in nature
- Bringing the outside in; beautiful flowers
- Connecting with nature in a spiritual and relaxing way!
- Experiencing gratitude
- Tending a veggie patch
- Meditating in nature
- Taking a morning walk in garden
- Looking after plants, as if they're pets. Very healing.
- Realising the importance of nearby nature and getting clients outdoors
- Seeing growth is refreshing
- Watching and tending to seed growing
- Collecting seeds for years from veggies I've had. It's very therapeutic to plant seeds from a particular harvest. It's like connecting the past, with the present and future hopes.

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