CHECKLIST

Your nature walk recovery toolkit

- [ ] Choose a route that fits your mood: busier paths when urges are loud, quieter spaces when you are low.
- [ ] Anchor your walk to a fixed time each day so it becomes routine.
- [ ] Pick a route you can walk in any weather so you do not have an excuse to skip it.
- [ ] Notice one concrete thing every few minutes on your walk – a plant, a bird, the texture of something.
- [ ] Tell someone close to you where you are going and when you will be back.
- [ ] Walk at a steady pace that lets you breathe easily and think.
- [ ] Bring your phone in case urges come up and you need to reach out for support.
- [ ] Return to the same route on hard days so your body does the thinking.