CHECKLIST

Your first week of nature-based recovery

- [ ] Choose one outdoor space you can reach in under twenty minutes
- [ ] Notice three things each visit: one sound, one sight, one texture
- [ ] Mark each visit on a calendar to track the pattern
- [ ] Leave your phone in a pocket and let your attention rest on what draws it
- [ ] Add five minutes to each visit once ten minutes feels automatic
- [ ] Try a different route or space in the second week to find what suits you