CHECKLIST

Woodland walk checklist for emotional regulation

- [ ] Find a local woodland with clear paths and decide when you will go this week
- [ ] Touch one tree and feel the bark under your palm for a few breaths
- [ ] Name three things you hear without analysing or judging them
- [ ] Walk the same route twice to build familiarity
- [ ] Note how you felt before and after in your phone
- [ ] Tell someone where you are going if isolation worries you
- [ ] Carry a charged phone and wear shoes with grip