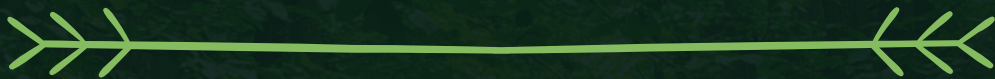


Restore Your Equilibrium

DID YOU KNOW SPENDING TIME IN NATURE OR
EVEN LOOKING AT PHOTOS AND VIDEOS OF NATURE CAN HELP YOU
DESTRESS AND INCREASE YOUR FOCUS?

**Here are some ways you can
enjoy nature from afar:**



- Nature Meditation Sessions: Create a five-minute daily routine where you spend time looking at YouTube clips of nature.
- Play a clip of nature's sounds as background noise while you work.
- Overthinking? Open up YouTube and spend some minutes looking at a scene of nature!
- If you have photos of nature, display them in a location where you can look up and see a relaxing scene. If you have a spare screen or TV, you could display nature scenes.

Let the Forest Restore Your Equilibrium!

