

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 natures 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!

