

Improve your wellbeing and reduce stress using Tiny Habits® to Connect with nature

Spending time in nature is nice. But there is more. Do you want to be happier and healthier? Reduce stress and anxiety? Be more productive, focussed and creative? Or more social, kind and generous? Overcome trauma? Or do you want to do more for nature conservation or sustainability? **Connect with nature!** Because these are all scientifically proven effects of increasing your nature connectedness. **How?** Rather than only focusing on spending time in nature or knowing about nature, follow these proven pathways and boost your relationship with nature.

About Peter Paul van Kempen

I am a psychologist specialized in behavior change for nature and a healthy planet. As a behavior designer and Tiny Habits Coach, I consult and train people & teams for a sustainable world.

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Sources: IUCN CEC, #Natureforall, University of Derby.

For more about the Tiny Habits Method: TinyHabits.com



Create reasons, places and moments to
pause experience share & reflect

Experiencing Nature's beauty



- A** After I wake up
- B** I will open a window, Breathe the air, and look at all the colors
- C** Celebrate - for instance: say 'Yes, I did it!'

Enjoy the beauty of nature with all your senses: see, feel, listen, hear and taste nature. Listen to the birds. Feel the rain. Smell flowers. Taste a wild berry. Rather than worrying about the news or thinking about your to-do list on your walk.

Showing and Engaging with Nature's beauty



- A** After I put my dish in the dishwasher
- B** I'll make a note in my journal about something I liked in nature today
- C** Celebrate - for instance: Think of a cute puppy and smile

Science has proven: showing nature's beauty through photography, by sketching, writing notes in your *Nature Journal*, or for a poem, will boost your connection with nature. Engaging with nature to make art is also a proven booster. Create art from material like branches and leaves!

4 Tiny Habits Recipes

Sharing Emotions about Nature's beauty



- A** After I pass a beautiful Landmark X on my routine
- B** I will take a photo and share it with a friend
- C** Celebrate - for instance: hear Victory trumpets in your head

Do you see a beautiful cloud, tree or sunset? Share what you feel and experience, share your joy and wonder about the beauty or mystery of nature with your friends, colleagues, family and loved ones.

Feeling Compassion about Nature's beauty



- A** After I put out the garbage
- B** I will water the plants while noticing their fresh, tiny new leaves
- C** Celebrate - for instance: Do a little victory dance!

Feed the birds in your garden, take good care of plants in your home, grow 'bee friendly' plants, build an insect hotel, let a part of your garden grow wild.

