



# A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Spring 2021 • Sowing Seeds



## SEASON 2 | SPRING | SOWING SEEDS

### EPISODE 4: APRIL 14 – APRIL 19

### ACTIVITY: SOWING SEEDS OF HEALTH

#### Season 2, Episode 4 – Sowing Seeds of Health: Honoring the “Month of the Military Child”

This episode is extra special as we honor the [Month of the Military Child](#), partnering with [TAPS Youth Programs](#)! We are excited to bring along guest hosts and [Military Mentors](#), Nicole McMiniman & Clynton Trewen for this episode!

We know that being outdoors makes us feel better, but integrating nature into our lives from a young age can have transformative health benefits! [Read more about the research on Outdoor Behavioral Healthcare’s resource page.](#)

When we get moving, so can our grief. Spending time in nature can calm the noise in our brains and allow our executive functions to quiet and curiosity to arise. Our bodies hold onto our experiences, so we must seek out connection with others, with the natural world and with ourselves again after loss for healing.

We know the research is pointing “in one direction: Nature is not only nice to have, but it’s a have-to-have for physical health and cognitive functioning.”([Read more in this article published by the Yale School of the Environment.](#)) So, let’s get outdoors and move through grief together!

YOUR SOWING SEEDS ACTIVITY CHECKLIST: <i>(Do at least one from each section or add your own!)</i>	
Sowing Seeds of Mental Health	
<input type="checkbox"/>	Do a mindfulness activity in your backyard
<input type="checkbox"/>	Take a short walk, be intentional with what you notice and journal about it on site or when you get home
<input type="checkbox"/>	Walk, fish, or go birdwatching at your local park
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Write  
Yours  
Here!

Sowing Seeds of Physical Health:	
<input type="checkbox"/>	Opt for a workout outside instead of your usual routine at the gym
<input type="checkbox"/>	Plan an outdoor game night with your family and play your favorite yard sport like football, kickball or badminton
<input type="checkbox"/>	
<input type="checkbox"/>	

We’d love to hear about your experience this week! Remember, you can join us at our Campfire Chat on Monday, April 19 at 8 p.m. EST to share in discussion around this week’s activity. You can also share your experience with us by taking a photo or video and sharing it on your social media platforms using [#TAPSOudors](#) or email us at [expeditions@taps.org](mailto:expeditions@taps.org).

At TAPS we have resources that can meet you wherever you are in your journey with access to [local counseling services](#), peer outreach through our [Survivor Care Team](#), [education](#) and [casework services](#), and a wealth of [publications](#) and [more](#). We are available to you 24/7 through our Helpline at **(800)959-8277**.

*Join Us for Our Campfire Chat on Monday!*

Join us on Monday, April 19<sup>th</sup> for our bi-weekly Campfire Chat at 8 p.m. EST! No other participation is required to join the Campfire Chat, so join us every other Monday to connect around the campfire!

[CLICK HERE TO LEARN MORE & SUBSCRIBE TO WEEKLY EMAILS!](#)