



A BREATH OF Fresh Air

WITH TAPS OUTDOORS

Spring 2021 • Sowing Seeds



SEASON 2 | SPRING | SOWING SEEDS

EPISODE 6: MAY 12 – 17

ACTIVITY: PULLING WEEDS

Season 2, Episode 6 – Pulling Weeds

In this episode we explore, through metaphor, the ways “weeds” impact the gardens of our lives and how we can better manage them, ultimately allowing space for what we want to grow.

We invite you to use the activity guide below as a tool. Identify three places in your life you want to give more space for growth to and the subsequent weeds that need pulling around it. We also encourage identifying what can be nurtured; what are you already doing that you can enhance to reach your goals?

When we pull weeds, we take the time to focus on what needs to grow and what we need to do in order to foster that growth.

Remember, you can join us at our [Campfire Chat on Monday, May 17 at 8 p.m. EST](#) to share in discussion around this week’s activity, as well as [subscribe](#) to receive this content in your inbox every week!

You can 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.

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 **1(800)959-8277**.

YOUR SOWING SEEDS ACTIVITY: Identify three things in your life you want to give more space to, then identify three ‘weeds’ to pull around it and what you can do to nurture that space.

Where do you need space to grow?	Weeds to Pull & What to Nurture	Weeds to Pull & What to Nurture	Weeds to Pull & What to Nurture
(Example) Time for me and my mental health (see a counselor, journal, read, take a walk, etc.)	To Pull: Too much time on social media. To Nurture: Calling my friends regularly.	To Pull: Making excuses like: “I should be doing “x” instead. To Nurture: Taking time to acknowledge and appreciate my successes.	To Pull: Saying I’ll do something “someday” or “sometime.” To Nurture: Scheduling these self-care needs in my calendar.
1.			
2.			
3.			