

Connect with Nature



Using our five senses to reconnect our mind and body to the natural world helps us to recognize and appreciate all the beauty outside of our control. Smell a flower, watch a sunrise, listen to the tide, feel the sand between your toes, or taste a piece of fresh, ripe fruit. Even playing with our pets is a way we can better connect with the natural world.

[Trails, Walking Paths and Parks](#)



[National Park Service](#)



[Happiness.com, Nature Benefits Mental Health](#)

