



### Healing Trauma and Finding Hope in the Outdoors

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Moderated by Rachel Hunsell  
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Presented by Boeing



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### Land Acknowledgement

I acknowledge and pay my respects to the Tonkawa people, the traditional custodians of the land I work and live on, and extend my respect to elders past and present.



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### Creating a Healing Space

- We treat each other with kindness and respect
- We listen with compassion and curiosity
- We honor each other's unique ways to healing and don't presume to advise or fix or try to save each other
- We maintain privacy and confidentiality, as well as physical and emotional safety
- We trust each of us has guidance we need within us and we rely on the power of silence to access it

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THERE IS  
NO SHAME  
IN THE  
STRUGGLE

yourjoyologist.com



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Global Collective Trauma



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HOLIDAY  
BLUES



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### It's Not Weakness, It's Biology

Trauma activates our Central Nervous System

- ACES
- Grief and loss
- Chronic stress
- Chronic pain
- Racial trauma
- COVID-19
- Natural disasters
- Secondary trauma



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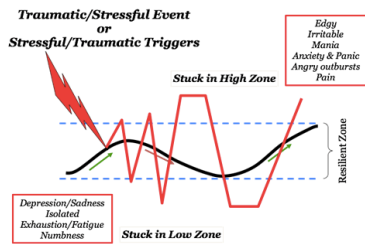
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### How Can Nature Help Us Stay in Our Resilience Zone?

- Reduces blood pressure, heart rate, respirations
- Reduces stress, anxiety, anger and fear
- Reduces mental rumination
- Restores focus and attention
- Enhances physical and emotional wellbeing
- Promotes CONNECTION and COREGULATION



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### Connection and Co-regulation: Self, Others and the Natural World



“Connection is why we are here. We are hardwired to connect with others”  
— Brené Brown



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### Two Ways of Experiencing Nature



Being in Nature



Doing in Nature

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### Being in Nature Might Include...

- Forest bathing
- Horticultural therapy
- Nature meditation and other mindfulness-based approaches
- Therapeutic landscaping
- Nature/awe walks
- Outdoor yoga
- Conservation activities



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### Doing in Nature Might Include...

- Outdoor teambuilding activities
- Geocaching
- Low/high ropes course
- Rock climbing
- Backpacking expeditions
- Canoeing/kayaking/rafting
- Mountain biking




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### INTEGRATING DOING AND BEING IN NATURE

Russell, K. C., Gills, H. L., & Heppner, W. (2016). An examination of mindfulness-based experiences through adventure in substance use disorder treatment for young adult males: A pilot study. *Mindfulness*, 7(2), 320-328.

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### Noticing Ecological Metaphors



When roots are above the soil, they're easily damaged. They can be sliced by lawnmowers or string trimmers or worn and torn by foot traffic. Damaged roots can't do their job of collecting water and nutrients to support the tree.



Why dead trees are essential for healthy forests: <https://egetr.org/snags-why-dead-trees-are-essential-healthy-forests>

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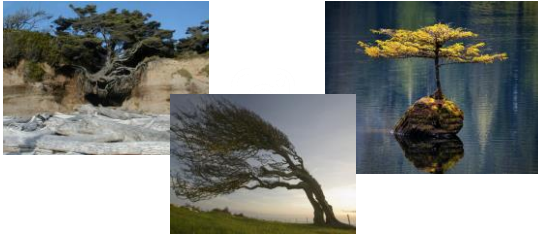
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### Practice Noticing




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### Nature Journaling

Week	Activity	What did you notice in nature?	Feelings?	Sensations of wellbeing	Metaphors/ Other
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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### What is the Source of Your Health? What is the Source of Your Recovery?



<https://www.youtube.com/watch?v=y-wHq6yY2CI>

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### More Resilience Activities

<https://positivepsychology.com/resilience-activities-exercises/#science-based-activities>

<https://bouncebackparenting.com/resilience-activities/>

#### Creating a self-care plan that includes:

- "Help Now" to long-term resilience planning
  - Including nature journaling
- Coping and resource groups
- Stress first aid kits

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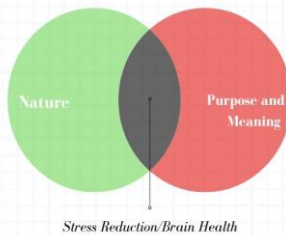
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Spending time in nature, connecting with ecological metaphors, can help us find deeper meaning and purpose in our lives.

Purpose in life fosters resilience by protecting the brain against the negative effects of stress.

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Questions?

Horizontal lines for writing answers to questions.



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Upcoming TAPS Institute Programs

- January 12** "Be Strong" and Other Myths of Grief  
*Live Webinar, Noon-1:00 p.m. ET*  
**Kelvin Chin, MA, JD**, Executive Director and Founder,  
Overcoming the Fear of Death Foundation, Turning Within  
Meditation Foundation
- January 28** Mindfulness as Your Superpower  
*Live Webinar, Noon-1:00 p.m. ET*  
**Jill Harrington-LaMorie, DSW, LCSW**, Senior Field  
Researcher/Clinician, Center of the Study of Traumatic Stress &  
**Heather Stang, MA, C-IAYT**, Founder, Mindfulness & Grief Institute

Visit [taps.org/institute](https://taps.org/institute) to learn more and RSVP!

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Please note: The information provided on this program is intended for educational purposes only.

If you or a loved one needs professional support, please contact TAPS 24/7 at 800-959-TAPS (8277).



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### About the TAPS Institute for Hope and Healing®

Launched in March 2018 through an alliance with HFA, the TAPS Institute for Hope and Healing® serves as a resource and training center, providing programs for both professionals working in the field of grief and loss and the public.



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