



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS



OCTOBER THEME: GETTING & STAYING GROUNDED

Week 1: October 7 – 13

Activity: Catching Your Breath

Grief often leaves us feeling breathless. And with the challenges of our time adding more weight to our grief, how often do you find yourself breathing shallow? Do you feel a lump in your throat or the sensation of a tight chest? In this moment right now, simply notice how you are breathing.

Now, can you remember the last time you took a full deep breath and felt the weight of what's around you fall off your shoulders? This week on **A Breath of Fresh Air with #TAPSOudors**, we invite you to utilize your breath as a tool to reconnect with nature and yourself, wherever you are.

You can do the breathing exercise below anywhere, but we also encourage you to take this breathing exercise somewhere outdoors. Even if you just open up your door and step outside on your front stoop, sit out on your back patio, or go for a walk in your local park. Take this present moment to notice your surroundings, take a few deep breaths and be right here, feeling the fullness of life within.

More Ways to Get Grounded

There are countless grounding exercises you can utilize throughout your life, but here are a few we find are most accessible while in nature.

- Use the environment you're in by running your hands over something with an interesting texture like a rock, tree bark, sand or leaves. Describe it in your mind, as if you've never felt anything like it before.
- Acknowledge your environment and ground yourself in the present. Speak what you notice aloud and begin to acknowledge even the smallest of things. This can help you connect to the space you're in and take control of your emotions.
- Follow the link to read about [More Grounding Techniques from TalkSpace](#).

Short Breathing Exercise:

- Now, let's take a moment to take some deep breaths together.
- Find a comfortable position feeling still and connected to the earth beneath you.
- Drop your shoulders, relax your eyebrows, close your eyes if it's comfortable or affix your gaze on something calming in your environment.
- As deeply as you can, breathe in and then out, go at your own pace.
- Now, let's take three more as deep as you can....
- There is no right or wrong, just breathe.

When you're ready, acknowledge how you're feeling now - take a photo or video of your environment and share what this experience was like for you!

We invite you to share your experience with us by taking a photo or video and sharing it on social media using #TAPSOudors or email us at expeditions@taps.org.