STUDENT WELLBEING NEWSLETTER

Gratitude and Your Connection to Nature

Connecting to Nature
Lower your stress levels, depression or anxiety by connecting yourself to nature. Learn how to do it with these next tips!

Keep a Nature Journal
Doing this will help you appreciate and focus on your surroundings. Here’s How to Keep a Nature Journal.

Exercise Outside
This a great way to support your energy levels. Take a walk, run, or bike ride on Eau Claire’s many trails. Check out the Eau Claire Winter Route.

Bring Nature to You
Buy a plant or flower to brighten up your work area. Even small things like opening your curtains will help!

For more tips on how to connect to nature:
• How Does Nature Impact Our Wellbeing?
• Our Top Tips On Connecting With Nature
Thanksgiving is approaching. Remember that showing gratitude will improve your mental health and your relationships!

**Relax**
Each day take a quiet moment to think of what you’re grateful for. Relax in Rest Nest on the 5th floor of the library or at the FREE yoga classes in Hilltop.

**Show Kindness**
This will boost your mood by helping you connect to people. Look at The Happiness Project-UWEC to see how you can show random acts of kindness.

**Daily Affirmations**
Start your day off right! Here are 40 Positive Affirmations for Better Self-Care or go to Counseling Services to take a pre-written affirmation from the bulletin board outside the door!

**Write a Gratitude Letter**
Think of who has made a positive impact in your life. Show your gratitude for them by writing a short letter or note. Learn how to here: Writing a Gratitude Letter.