

**Natural
Health
Service**

PRESCRIPTION

Name: _____

Address: _____

NATURE

Notice three beautiful things in nature every day this week. Can you continue beyond one week and in all seasons?

Dr Leaf Green

Address: TREE SURGERY,
WOODLAND RD,
OAKVILLE

Signature: *L. Green*

Date: _____

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NATURE

Spend 20 minutes each day walking in a local green space. Try to notice 5 different natural things each time: a bird, a tree, a flower, a cloud, or a sound.

Purpose: Reduces stress, improves mood, and increases physical activity.

Dr Leaf Green

Address: TREE SURGERY,
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Signature: *L. Green*

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"Swap one indoor workout each week for an outdoor one—try jogging, yoga, or tai chi in a park or garden."

Purpose: Combines the benefits of physical activity with nature exposure.

Dr Leaf Green

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Signature: *L. Green*

Date: _____

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"Take 10 minutes each day to sit quietly in a natural space. Focus on your senses—what can you hear, see, smell, and feel? Let your mind rest in the moment."

Purpose: Supports mindfulness, reduces anxiety, and improves attention.

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"Keep a small notebook or use your phone to record one thing you notice in nature each day. It could be a bird call, a leaf shape, or how the sky looks."

Purpose: Encourages reflection, creativity, and a deeper connection to nature.

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"Spend 15 minutes once a week near a tree—sit under it, lean against it, or simply observe its shape, bark, and leaves. Try to visit the same tree regularly and notice how it changes."

Purpose: Builds a sense of continuity and connection with the natural world.

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"Once a month, go outside at night to look at the stars or moon. Try to find a quiet, dark spot and spend 10–15 minutes observing the sky."

Purpose: Promotes awe, perspective, and calm.

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"Take photos of nature during your walks—focus on textures, colours, or patterns. Create a digital or printed album of your favourite shots."

Purpose: Enhances mindfulness and creative expression.

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"Choose a specific spot in nature to return to regularly—daily or weekly. Sit quietly and observe what changes and what stays the same."

Purpose: Deepens familiarity and fosters a sense of place.

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"Spend time each week tending to a garden, balcony plants, or even indoor herbs. Notice how caring for plants can also nurture your own wellbeing."

Purpose: Builds responsibility, patience, and joy through nurturing.

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"Create art using natural materials—leaves, twigs, stones, or sand. Try making mandalas, sculptures, or collages."

Purpose: Encourages creativity, play, and tactile engagement.

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"Mark the change of seasons with a small ritual—like planting bulbs in autumn, making a spring wreath, or having a picnic on the summer solstice."

Purpose: Builds rhythm, meaning, and connection to natural cycles.

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