

Tab 1

Connecting the Dots: “Nature & You/U: Reconnect, Recharge, Renew” Presentation Resources

October 28, 2025 | Katie Stannard

20 Invitations to Notice Nature in November:

1. Check out the [Take a Nature Break with Nature Rx](#) ideas and see what you, or your family or coworkers might do!
2. Enjoy sunrise or sunset—some inspiration [here](#).
3. Adopt a tree, talk with a tree: explore with senses to notice how it changes.
4. Hug a tree daily, or any day!
5. Visit [Nichols Arboretum](#) to explore the wonderful trails and natural sites
6. Free App-ortunities: the [Nature Rx App](#); check out the [Merlin Bird ID App](#)
7. Mark your calendar for [Every Day Outdoors](#)—coming in January!
8. Make a note to sign up for [Active U](#) when it opens in January as a way to encourage nature connections this winter.
9. Use the Nature Rx [Tips for Your Nature Break](#) when you take time to pause in nature
10. Consider setting a reminder on your phone to take a brief break daily or several times this month—whatever fits your schedule.
11. Check out the [Calm Kit](#) for some calm opportunities.
12. Try a [4 elements mindfulness](#) practice: earth, air, fire, water
13. Put nature or fresh air on your to-do list for this month.
14. Write a card or note in nature and send it.
15. Thought about adding a plant to your space? Check out the plants at [Matthaei Botanical Gardens](#)’ garden store, or visit the amazing outdoor trails and gardens, Gaffield Children’s Garden, and lovely indoor conservatory.
16. Try an [Awe Outing | Practice | Greater Good in Action](#).
17. Read a nature poem in nature.
18. Develop a favorite nature place or sit spot.
19. Observe the clouds or stars, or what’s happening in the sky.
20. Use the [Nature Break Invitation](#) to invite someone to take a break!

Nature Rx Resources:

- [Nature Rx](#): website for Nature Rx

- [Take a Break with Nature Rx 5-10-15 flier.pdf](#): Printable flier with ideas for nature breaks
- [Nature Rx Resources.pdf](#): List of resources with links.
- [Nature Rx Journal](#): Journal prompts to encourage nature noticing and exploration. It will prompt users to make a copy using umich login.
- [Volunteer with Nature Rx!](#): Ways to get involved.
- [A Breath of Fresh Air Guided Nature Experiences | Human Resources University of Michigan](#): Check out these experiences!
- [Nature Break Invitation](#) to invite someone to take a break!

University of Michigan Mental Health Resources:

- [Tools & Resources | U-M Well-Being Collective](#) Includes links to resources for students, faculty, and staff.
- [Mental and Emotional Health | Human Resources University of Michigan](#) for staff & faculty
- [Stress management tools](#) and positive [micropractices](#)
- [Brief Guide for a Well-Being Check-In](#)
- [Strategies for responding to climate anxiety](#)

Five Senses Awareness Practice

This practice can be done in nature or at your desk to mindfully connect with the present moment. Fostering awareness through sensory engagement can help provide a restorative pause.

1. Find a place to be comfortable.
2. Consider lowering your gaze or closing your eyes as you're comfortable.
3. Take a few deep breaths in and out.
4. For just a few minutes, tune into your senses; if your attention wanders, that's completely normal, just gently bring it back to the sensory object of your attention.

5. Notice the sense of touch: perhaps clothing, the space you're in, the air and temperature around you, nature items nearby.
6. Smell: consider what might be there in the immediate environment.
7. Sound: the rise and fall of sound, birds, heartbeat, breathing, mechanical or human sounds or voices.
8. Taste: what's present there, what the air might taste like, perhaps snacks you've brought with you.
9. Then you could gently open your eyes and consider the sense of sight: noticing color, shape, or contrast.
10. Take a few deep breaths in and out.

This five senses practice can be used for a brief break whenever you need it—even in 1-2 minutes or when you can't venture outside. Enjoy!

Tech Guardrails: Ideas and Guidance for Adults and Families

By Jenny Radesky, David G. Dickinson Collegiate Professor of Pediatrics and Associate Professor of Pediatrics, Division Director of Developmental and Behavioral Pediatrics, Medical School, University of Michigan

Here are some ideas for adults and families to be more intentional and set tech boundaries:

1. **Device and wifi settings:** Many parents say that it helps to have the technology set the boundaries, rather than relying on human willpower. Wifi providers, device operating systems (like iOS and Android), and platforms (e.g., social media, gaming) allow users to set time limits and “downtime” periods like overnight. Here are a few resources:
 1. [Parents' Ultimate Guide to Parental Controls | Common Sense Media](#) – very dense, but tailored to parents' goals
 2. [Parental Controls Are Easy to Set Up on Your Wi-Fi Router: Here's How to](#)

[Do It - CNET](#) – review for Wifi controls

3. There are also 3rd party apps that cost money, but I think the basics of device and wifi controls are a good place to start.
4. [Glossary of Digital Media Platforms](#) – detailed list of the settings that can be set on social media and gaming platforms.

2. **Making a plan/setting a routine:** Have a family or household conversation about how you want to intentionally use technology. It helps to talk it out and agree on household rules so that people can hold each other accountable.

Sample rules include:

1. No devices in bedrooms / they charge somewhere else overnight
 2. No tech at the table
 3. Turn off TV when not in use
 4. No phones in the car
 5. School-issued devices or computers are only used in a common space in the house
 6. Set times of the day when tech is going to be used intentionally (e.g., watch TV shows while parent cooks; parent will take 30 min to scroll on social media to chill at the end of the day; Friday movie night; my family does video games on weekend mornings only, for example) – this helps reduce the habit of grabbing devices mindlessly when people are bored.
3. **Finding alternative activities:** In my research, parents say that tech takes up so much time because kids don't want to do anything else, or parents don't have the bandwidth to engage them in activities. But it's good to have ideas for activities that meet the same goals as using screens (e.g., entertainment, relaxing, stimulation):
 1. Listening to music
 2. Time outside / taking regular walk together
 3. Art, doodling, dot-to-dot, crosswords, LEGOs
 4. Board games
 5. READING! (including graphic novels for resistant readers)
 4. **Reducing overuse / doomscrolling / losing track of time:** I always teach

people about the design tricks that keep us on social media, news sites, and video games longer. This is how tech companies make money off of our time, attention, and behavioral data (Meta made *\$47.5 billion* in revenue in Q2 of 2025, most of this from advertising to people who scroll, scroll, scroll). In addition to infinite scroll, the tech platforms randomize content to us to increase anticipation and engagement, promote more emotionally arousing content, and encourage liking, posting, sharing etc. The best thing people can do to make Meta and other companies make less money is log off!