



Nature Healing Self- Evaluation Check List

Date: ____/____/____

How many of these things are true about your life (or you could make true)? Print this out, check those you do, and evaluate yourself. If you want to improve your interactions, keep a record.

You can also answer these questions on behalf of your children who according to Richard Luv's books (e.g. Last Child in the Woods) may experience some form of nature deprivation (Nature Deficit Disorder).

- _____ Spend time in nature
- _____ Garden occasionally or as a hobby
- _____ Enjoy seeing a wild, non-threatening animal
- _____ Listen to the sounds of nature (water, wind, animals)
- _____ Feel physically better after outdoor exercise (greenexercise)
- _____ Have favorite spots in nature you like to visit
- _____ Visit memories of nature places
- _____ Become less stressed after spending time in nature
- _____ Find you can think clearer after being in nature
- _____ Experience inspiration in nature
- _____ Have an enhanced sense of spirituality in nature
- _____ Feel better about yourself and your life after a nature experience
- _____ Notice less depression and anxiety after being with nature
- _____ Experience a sense of gratitude for life while in nature
- _____ Notice change in priorities after spending time in nature

Regardless of how many or how few of the things on the Nature Healing list you checked, know that research studies have shown that people's health, wellbeing, creativity, and sense of meaning are positively impacted by nature in all the ways mentioned above.