

The background is a light-colored, weathered wooden surface with visible grain and knots. A dark, textured tree branch runs diagonally from the top right towards the bottom right. Several green leaves are scattered around the branch: one near the top right, and three near the bottom right. A semi-transparent purple rectangular box is positioned in the upper left quadrant, containing the number 40.

40

Micro
Nature
Moments

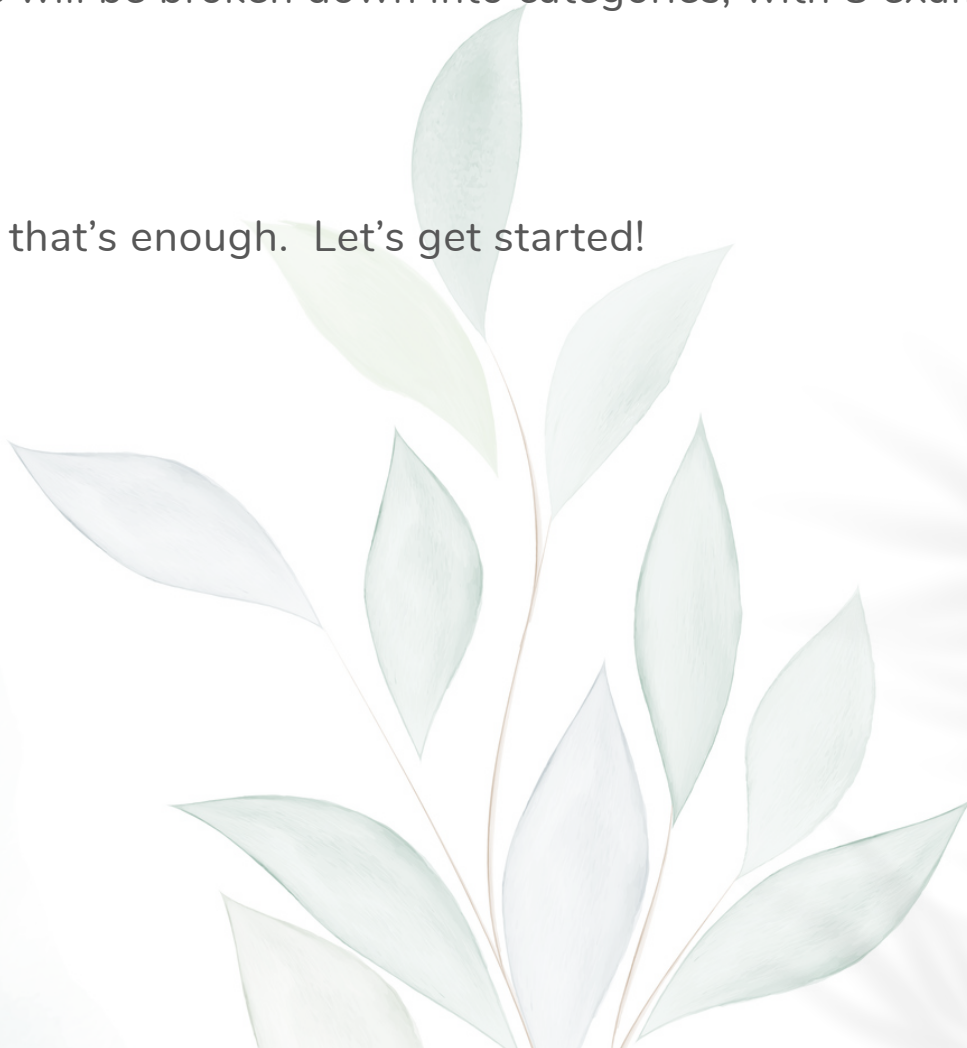
Introduction

You don't need hours in nature to feel better. Research shows that even brief exposure to natural environments can reduce stress, support mood, and help your nervous system reset.

This guide is for the days when you feel overwhelmed, busy, or burned out. These micro-moments are simple, gentle, and designed to meet you where you are.

This practice will be broken down into categories, with 8 examples in each.

Choose one, that's enough. Let's get started!



40 Micro Nature Moments

Self-care isn't an act but a loving commitment to oneself.

How are you going to cherish yourself this week?

Step Outside (No Plan Needed)

You don't need to do everything. Just start here.

Step outside and take 10 slow breaths

Stand in the sun and feel the warmth on your skin

Look up at the sky and notice the colors

Sit outside without your phone

Take a slow walk to the end of your street

Open a window and listen to outdoor sounds

Watch clouds move for a few minutes

Feel the air temperature—warm, cool, or breezy

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How are you going to cherish yourself this week?

Sensory Grounding

You don't need to do everything. Just start here.

Touch tree bark and notice the texture

Hold a leaf and study its details

Listen for birds and notice different sounds

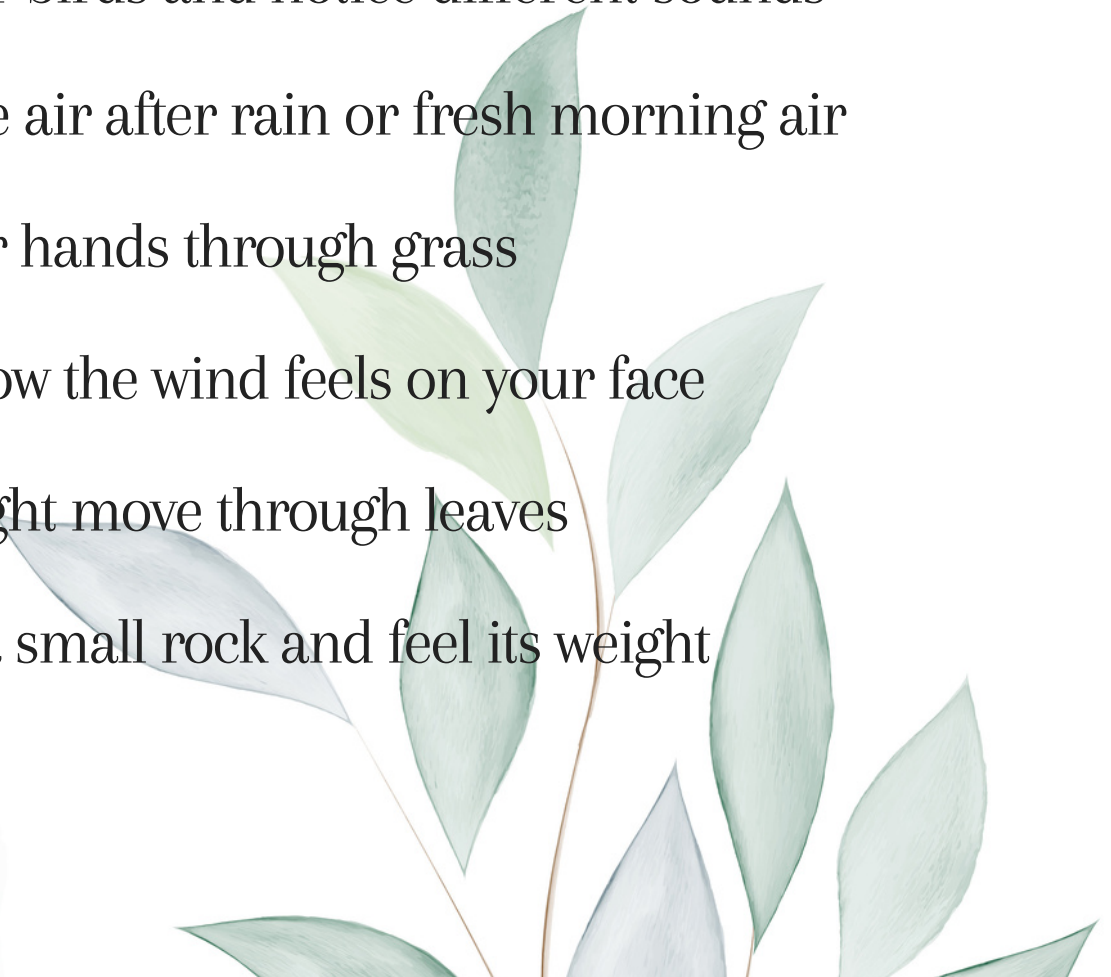
Smell the air after rain or fresh morning air

Run your hands through grass

Notice how the wind feels on your face

Watch light move through leaves

Pick up a small rock and feel its weight



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Gentle Movement

You don't need to do everything. Just start here.

Take a slow 5–10 minute walk without your phone

Stretch your arms toward the sky

Walk and notice each step hitting the ground

Roll your shoulders slowly outside

Sit and gently stretch your legs

Walk barefoot on grass or sand

Take 10 slow breaths while walking

Stand and sway gently with your breath



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How are you going to cherish yourself this week?

Stillness

You don't need to do everything. Just start here.

Sit under a tree and just be

Watch leaves move in the wind

Spend a few minutes doing nothing outside

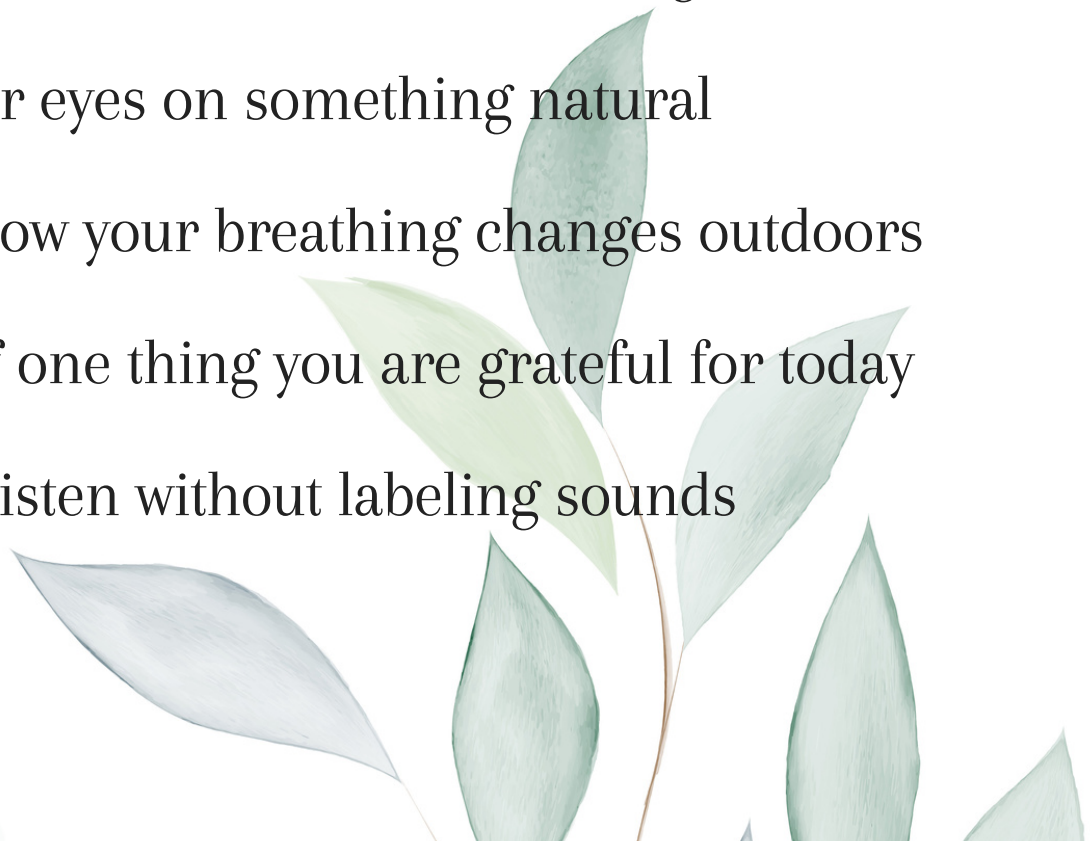
Let your mind wander while looking at nature

Rest your eyes on something natural

Notice how your breathing changes outdoors

Think of one thing you are grateful for today

Sit and listen without labeling sounds



40 Micro Nature Moments

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Indoors Nature Connection

You don't need to do everything. Just start here.

Water your plants slowly and intentionally

Sit near a window and look at greenery

Bring a plant closer to your workspace

Arrange flowers or greenery in your space

Diffuse a natural scent like pine or eucalyptus

Look at photos of nature scenes

Open curtains and let natural light in

Take 10 slow breaths near a window



That's A Wrap! All 40 Micro Nature Moments

You don't need to do all of these.

Even a few minutes in nature can help your body
soften from stress.

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Thank-you!

What was your favorite practice?

I'd love to hear from you!

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Rooted and Rising!
Shannon Scheerer



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