

Nature-Based Stress Management Programs for Parks & Recreation Directors

Provided by Sami Aaron, Founder, The Resilient Activist

Resource List

Let's Connect

Sami Aaron: sami@theresilientactivist.org

Website: <https://www.theresilientactivist.org/>

Facebook: <https://www.facebook.com/TheResilientActivist>

LinkedIn: <https://www.linkedin.com/company/the-resilient-activist/>

Events & ongoing programs:

- [Resilience & Morning Meditation](#) on Zoom, Sunday mornings
- [Climate Conversations](#) on Zoom 3rd Saturday mornings
- Univ. of Kansas research study on climate resilience:
[True Power for Climate Resilience and Recovery](#)
- Speakers Bureau

Native Land Acknowledgment

A Guide And Call To Acknowledgment <https://usdac.us/nativeland>

Benefits of Time Spent in Nature

[Benefits of time spent in nature](#)

Links to all these studies can be found at:

<https://www.theresilientactivist.org/benefits-of-time-spent-in-nature/>

- View through a window may influence recovery from surgery
- Creativity in the wild: improving creative reasoning through immersion in natural settings
- Influence of forest therapy on cardiovascular relaxation in young adults
- How nature can make you kinder, happier, and more creative

Nature-Based Stress Management Programs for Parks & Recreation Directors

Resource List (continued)

Recommended Reading

- The Nature Fix, Florence Williams - numerous studies on the healing benefits of time in nature
- Last Child in the Woods, Richard Louv - nature-deficit disorder
- *Earth Emotions* by Glenn A. Albrecht, PhD [Part 1](#) [Part 2](#)
- Association of Nature & Forest Therapy Guides, <https://www.natureandforesttherapy.org/about/science>
- Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants, by Robin Wall Kimmerer
- The Voice of the Earth: An Exploration Of Ecopsychology, by Theodore Rozak - the connection between humans and the earth

Connecting Virtually & Program Ideas

[K-State Extension Master Naturalists](#)

Restored Superfund site: [The Pollinator Prairie](#) - Facebook:

<https://www.facebook.com/PollinatorPrairie>

Native gardening webinars: [Deep Roots KC](#)

Biomimicry - [AskNature.org](#)

Joanna Macy's [Work that Reconnects](#)

[TerraCycle](#) recycling programs

Meditation and Resilience

- [Resilience and the Five Essentials for a Resilient World](#)
- [National Garden Meditation Day](#) in May
- [EnviroTip #13: Meditation, a Powerful Resiliency Tool](#)
- [Insight Timer](#) meditation app