

CONNECTING THROUGH NATURE

BY: ANONYMOUS ADOLSCENT PATIENT CONTRIBUTOR

How Connecting With Nature Can Help You Connect to Yourself

“Nature is all around us, but we’re not always connected to nature's healing qualities and power.”

By taking care of plants, you learn how important it is to protect your spirit and mind. In order to take care of other living things you need to make sure you take care of yourself first.

Esperanza Eating Disorders Center offers a safe space to heal from your eating disorder and become one with nature through Mother Earth’s healing group. Uzuri McMillon is our Mother Earth at Esperanza and she has taught me how to connect with nature in order to help heal myself. She shares amazing facts and wonderful knowledge about plants and how to maintain such sentient beings. Spirituality is also a big part of connecting with nature because you are healing your spirit and soul by helping other sentient beings like living plants.

Being with nature has many benefits, such as improving mental health, and connecting with yourself and others on more of a spiritual level. Just by going outside, taking in the beautiful earth around us and appreciating all that the earth does for us we can heal parts of ourselves you wouldn't typically think nature could help with. Nature keeps you grounded and at peace. Furthermore, being in the presence of nature has been shown to improve your mental status a considerable amount including, anxiety, depression, and eating disorders.

Some examples of connecting with nature can be:

- Gardening
- Taking walks outside
- Doing activities outdoors such as yoga, dancing, meditating, etc.
- Walking with animals in nature
- Taking the time to appreciate nature and the outdoors
- Taking care of outdoor local animals like a neighborhood cat!

Throughout my time at Esperanza, I have learned that doing little things such as going outside, admiring nature, looking at flowers, going on walks, talking to my pet plants, and giving them carbon dioxide can be very therapeutic to eating disorder recovery.

My relationship with nature and the beautiful outdoors reflects how I am caring for myself.

