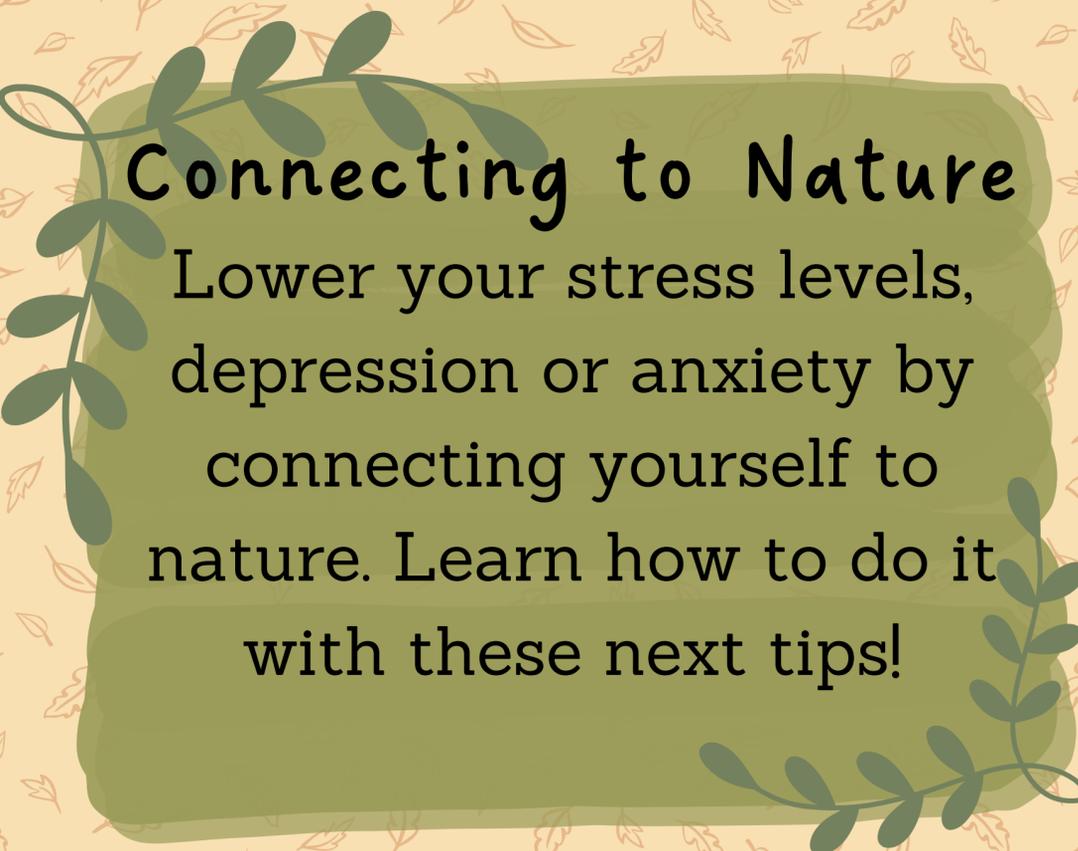




# STUDENT WELLBEING NEWSLETTER

Gratitude and Your Connection to Nature



## Connecting to Nature

Lower your stress levels, depression or anxiety by connecting yourself to nature. Learn how to do it with these next tips!



## Exercise Outside

This is a great way to support your energy levels. Take a walk, run, or bike ride on Eau Claire's many trails. Check out the [Eau Claire Winter Route](#).



## Keep a Nature Journal

Doing this will help you appreciate and focus on your surroundings. Here's [How to Keep a Nature Journal](#).



## Bring Nature to You

Buy a plant or flower to brighten up your work area. Even small things like opening your curtains will help!

For more tips on how to connect to nature:

- [How Does Nature Impact Our Wellbeing?](#)
- [Our Top Tips On Connecting With Nature](#)



THANKSGIVING IS APPROACHING. REMEMBER THAT SHOWING GRATITUDE WILL IMPROVE YOUR MENTAL HEALTH AND YOUR RELATIONSHIPS!



## RELAX

Each day take a quiet moment to think of what you're grateful for. Relax in [Rest Nest](#) on the 5th floor of the library or at the [FREE yoga classes](#) in Hilltop.



## DAILY AFFIRMATIONS

Start your day off right! Here are [40 Positive Affirmations for Better Self-Care](#) or go to [Counseling Services](#) to take a pre-written affirmation from the bulletin board outside the door!



## SHOW KINDNESS

This will boost your mood by helping you connect to people. Look at [The Happiness Project-UWEC](#) to see how you can show random acts of kindness.



## WRITE A GRATITUDE LETTER

Think of who has made a positive impact in your life. Show your gratitude for them by writing a short letter or note. Learn how to here: [Writing a Gratitude Letter](#).