

Nature in the Workplace: Professional Self-Care for Recreation Therapists - Worksheet -

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Which benefits do you most want for yourself? For example: “I want energy at the end of the workday.” Write down **your top priority**, plus two others. These are your motivation for paying attention to nearby nature during your workday:

- 1.
- 2.
- 3.

List at least **3 nearby nature beings, elements or locations readily available to you at your workplace**. For example: “My colleague’s dog” or “Window view of sky from my desk.”

- 1.
- 2.
- 3.

Write down **3 simple sensory nature activities that you intend to do soon, including where and when** you’ll do them. For example: “When I walk down the stairs after leading a program, I’ll pause at the stairwell window to take a deep breath and enjoy the view.”

- 1.
- 2.
- 3.

