

Megan Saraceno

### **Tips for WALK AWAY YOUR STRESS**

1. Know your terrain!
  - a. Know where you are going to lead your group, especially if you are walking in a heavily wooded area. Walk the path at a normal pace and be conscious of the time it takes you to walk specific distances. Advise participants of the path you are planning on taking as well so they do not venture off or get lost.
2. Leave some things unknown
  - a. It's hard to not try and plan each and every aspect of the workshop but I found it helpful to not disclose the scientific facts of nature's benefits on one's mental health until the very end. By doing this process allows participants a true personal reflection with non-bias results. (The process may not be beneficial for all) Be transparent with what is on the agenda, but do not give everything away.
3. Don't get discouraged, but do take notes
  - a. You don't have to know everything to encourage people to think about the topic of stress relief. Welcome questions and discussions of everyone's personal experiences with stress and take notes on them. One technique is not guaranteed to work for all. However, the sharing of knowledge is the number one way to discover what alternatives might work for others.
4. MOCK IT !
  - a. Try it out by yourself, write a script, and run through it multiple times. Be aware during workshop of possible changes, specifically regarding time, especially with numbers of participants. Be flexible.