

Connecting with nature is really important especially during this virus that is going around. It gets really depressing, when you are locked in your house all day everyday. Covid has created a barrier between people, it doesn't have to create a barrier between people and nature. People can still go outside and experience those great things that nature has to offer.

People can still walk around their yard or a nearby park, and feel the ground beneath their feet. If you are in a public park, or an area with others around, all you have to do is wear a mask. The mask doesn't prohibit you from feeling the ground. You could also do this by exercising social distancing.

People can still go out and meditate in their own backyard. You can go out on your step or balcony if you have an apartment, or just take a minute to step away from people, pull down your mask, and just take a deep breath. Feel the air coming into your lungs, and feel it as it leaves your body. Feel the air brush against your cheeks, and blow through your hair. Sitting in a bedroom all day and not being able to have a breath of fresh air, is truly depriving your body, or nature and all it has to offer.

People can still open their eyes and take a look at the world around them. They can smell everything from the blades of grass, to the bark on the trees. They can feel the ground beneath them. Nature is more than just the outdoors, it is a full experience of the mind and body. With Covid, people might not be able to get a full breath of nature, or savor the smells nature has to offer, with a mask on their face, but even if you crack a window in your home once a while, you can experience a part of nature your body has been deprived. Look up from your computer once a while, and just take the world in.

People can still listen to the world around them. Your mask isn't prohibiting you from listening to others, or the birds chirping in the tree next to you, or the squirrel rustling the leaves. People are so attached to their work, stuck in their homes, or just not aware of nature. It is really calming and relaxing to just hit pause for a minute, and get lost in absorbing all nature has to offer us.

Covid has been hard, but it doesn't mean that we have to take it out on nature. We may have to limit human interactions, but we don't need to avoid nature. If anything, nature will be the thing that keeps everyone sane during this hard and stressful time in everyone's lives. Nature is not a carrier of the virus, so that means it is okay to go out and feel the breeze, smell the grass, feel the ground, and see the changes in nature around you. Notice the leaves as they start to

change, notice the organisms and creatures change along with the cycles of seasons, notice your friends, and how they act in different settings of nature. Take your friends outside, and experience everything nature has to offer.