

Spending Time in Nature Will Get You Through the Pandemic

The most important thing I would say to future generations who may deal with a pandemic situation is to get outdoors as much as possible. Visiting the mountains that have survived for millennia, watching the waves ebb and flow, seeing animals go about their daily lives without worrying about the pandemic, and getting fresh air all contribute to a sense of calm and clarity that are vital to dealing with the stresses and demands of the pandemic world. If you can, go for a walk, and feel the ground under your feet. Realize that you are part of an interconnected life system and that we can get through this. Don't stay stuck inside watching the news, staring at a computer, turning over your worries in your head. There's something about nature that centers you and brings you out of an obsession with yourself. Watch a squirrel gather nuts (and think about how saving for winter, and hard times, is a good life hack), see the birds float overhead (and think about how important it is to rise above small concerns and focus on the big picture), watch a javelin search for roots and berries (and think about starting a garden for yourself), marvel at a huge oak tree (and think about how it is rooted into the ground). Look at all the different shapes and styles of arms on saguaro cacti (if you live in the Sonoran Desert) and realize that each saguaro is beautiful in its own unique way, as are people. Use nature as a guide to how to live a good life and how to effectively cope with a crisis such as a pandemic. And think about what kind of world you want to leave behind so that in another 100 years people can also enjoy the natural world.