

Michael Smith - Ways of Being in Nature: Mindfulness & Nature Journaling

Research continues to document the benefits of nature for our minds and bodies. This talk describes those benefits and discusses the practice of mindfulness in nature and how it complements nature study and keeping a nature journal.

Bio: Michael Smith is a retired Psychological Associate who has always had a strong interest in nature, and has interests in herpetology, ecotherapy and mindfulness in nature. He has published two books on reptiles and amphibians, and with photographer Meghan Cassidy he has completed a book (expected in 2024) combining information about practicing mindfulness with the natural history of plants and animals.