

REFLECTION GUIDE -EPISODE 1



IN SYNC WITH NATURE PODCAST

Long Point Biosphere Region



LONG POINT
BIOSPHERE
— REGION —



Welcome

Welcome to the Long Point Biosphere's Podcast Reflection Guide, a tool to get you In Sync with Nature!

In order to help you with this reflection, we invite you to first listen to our podcast episodes. Listen for free on Ancho FM and Spotify.

<https://longpointbiosphere.com/podcasts/>

About this workbook

The Long Point Biosphere Reserve is an area of global ecological significance that makes an ongoing commitment to the United Nations to strive for sustainability.

This podcast series from the Long Point Biosphere is about people's personal connection to nature, their sense of well-being in it, and their responsibility to care for it. Listening to the episodes is the first step. Doing this reflection will allow you to go more deeply into each topic and will undoubtedly lead you to action. Ultimately, we hope to inspire you to take action to deepen your connection with nature. Action is key to change.

Take your time with this guide and remember that there are no right or wrong answers. There is also no rush for you to complete all the questions.

In each of our podcast episodes, we help you make connections to the 4 pillars of sustainability established by the United Nations. This guide will help you focus your connection to the nature around you in relevant ways for you.

The four pillars of Sustainability are :

- Economics
- Environment
- Society
- Culture

By looking more closely at your lifestyle, the ecosystems in which you live, work and play, and your community, you may just find a way to feel more “in sync” with nature. We are all part of nature, everything we do affects the world around us. Taking time to reflect, notice and take action is likely to increase not only your personal well-being , but also that of the amazing ecosystems and natural areas that sustain all life around you.

To get more information about how to connect with and support the Long Point Biosphere, please visit our website at <https://longpointbiosphere.com/>

Enjoy!

Long Point Biosphere Reserve

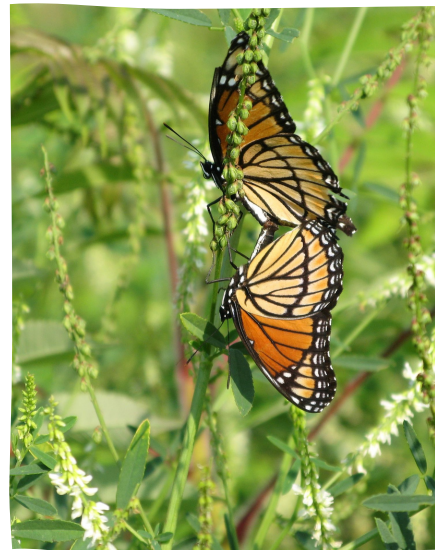
Episode #1

Finding your Flow

In this episode of In Sync with Nature, we explored what it means to find flow in nature. "Flow" can be described as that sense of fluidity between your body and mind, where you are totally absorbed by and deeply focused on something. We asked different people from our community and beyond what it means to them to connect deeply with nature.

With each of our guests, we found out what allows them to get into the state of 'flow' or 'in the zone'. Ben Porchuk, the first Forest Therapy Guide shared his experience with moving slowly in a meditative state in the forest. Jennifer Bennett, the avid mountain biker, talked about her experience with moving at a fast pace through the trails to find her zone. Larry Monczka and Kathleen Pickard, the nature photographers had a completely different experience with their quest for creative pursuit in nature.

Perhaps you get in this state regularly, without really noticing or maybe you have no idea what allows you to find your flow. The following reflection prompts will help you identify what already works for you and inspire you to pay attention to the little things that fill your life.



Reflection

When was the last time you found yourself in a state of flow or experienced a moment of connection with nature? _____

What were you doing? _____

Where were you? _____

How does it feel when you are "in the flow"? Use the prompts to describe your experience.

What do your senses feel? _____

What's your emotional state? _____

Sense of self: _____

Do you need to move fast or slow to enter that state? Are there any other prerequisites for you to feel that connection with nature? (alone\ with people, creative outlet, specific time of day....) _____

How do you feel your connection with nature can impact your life? _____

Do you agree with our host Wes that improving your own quality of life has an impact on sustainability? _____

Remember that the state of flow is accessible to everyone - whether you are engaged in a physical activity, a creative pursuit, or as simple as a slow stroll through the woods.

In order to feel more in harmony with nature, is it important for you to prioritize certain activities or time outdoors? If so, create a realistic goal for yourself to prioritize these moments. _____

Thank you!

The Long Point World Biosphere Region collaborates to enhance ecosystem and community well-being.

We invite you to support the Biosphere by becoming a member, a sponsor or a volunteer. You can contribute to the advancement of the Biosphere's goals and our projects to restore and protect the local ecosystems.

Visit our website at:

<https://longpointbiosphere.com>

Follow us on Instagram, Facebook and LinkedIn!



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