



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Spring 2021 • Sowing Seeds



SEASON 2 | SPRING | SOWING SEEDS

EPISODE 5: APRIL 28 – MAY 3

ACTIVITY: SOWING SEEDS OF STILLNESS

Season 2, Episode 5 – Sowing Seeds of Stillness:

When someone asks you how you are doing and what you've been up to, what do you say? "I'm okay...I'm fine...staying busy...keeping myself occupied..." Sound familiar?

In grief, it's natural for us to "keep busy" and fill our days to the point of exhaustion so that we can avoid sitting with our thoughts and emotions. We avoid what we feel, because we are often honestly afraid of what we'll find.

So when you hear or read the word "stillness" what comes to mind? Nothingness? An overabundance of emotions? Fear? Anxiety? Hope? Anticipation?

"STILLNESS IS NOT ABOUT FOCUSING ON NOTHINGNESS; IT'S ABOUT CREATING AN EMOTIONAL CLEARING TO ALLOW OURSELVES TO FEEL, THINK, DREAM AND QUESTION." – BRENE BROWN

When we are still, we open the door to who we truly are. We give ourselves the space to become curious, to move through our thoughts and emotions instead of suppressing or avoiding them.

[Dr. Alan Wolfelt](#) says "In stillness, you come face to face with the essence of grief," but it is sitting in stillness and in the pain where we "surrender to the reality that pain and suffering are part of the healing journey. It is here that we "come to see that it is out of stillness we discover that authentic mourning invites the blessings of living fully each and every day."

Stillness can be our companion. A friend, waiting for you to simply take notice. Stillness is not passive as it opens us up to gifts of gratitude and connection. In stillness we truly see one another.

When we sow seeds of stillness, we are given opportunities to hone in on the ways we create our own comfort amidst discomfort. What are the ways you find calm amidst the chaos? How do you choose to be still?

Your Activity: Find Ten Minutes of Stillness Each Day

- *Meditate on your back porch*
- *Go for a walk without your phone*
- *Be in your garden*
- *Look out your window and notice nature*
- *Journal about your experiences in stillness*

Readings & Resources: Sowing Seeds of Stillness

- [Companioning the Bereaved is About Being Still](#) by Alan Wolfelt
- [Stillness Speaks](#) by Eckhart Tolle
- [Experience Poetry](#) through the On Being Project and make meaning of your experiences through written word.
- [Lessons from the Pandemic: Being with Stillness is Expansive](#) by Anne Richardson

We'd love to hear about your experience this week! Remember, you can join us at our Campfire Chat on Monday, April 19 at 8 p.m. EST to share in discussion around this week's activity. You can also share your experience with us by taking a photo or video and sharing it on your social media platforms using [#TAPSOuddoors](#) or email us at expeditions@taps.org.

At TAPS we have resources that can meet you wherever you are in your journey with access to [local counseling services](#), peer outreach through our [Survivor Care Team](#), [education](#) and [casework services](#), and a wealth of [publications](#) and [more](#). We are available to you 24/7 through our Helpline at **1(800)959-8277**.

Join Us for Our Campfire Chat on Monday May, 3rd!

Join us on Monday, May 3rd for our bi-weekly Campfire Chat at 8 p.m. EST! No other participation is required to join the Campfire Chat, so join us every other Monday to connect around the campfire!

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