



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Breathing in the New Year • January 2021



JANUARY THEME: BREATHING IN THE NEW YEAR

WEEK 4: JANUARY 27 – FEBRUARY 2

ACTIVITY: THE TRAIL AHEAD

This week we are closing out the first month of 2021, Breathing in the New Year on [A Breath of Fresh Air](#) with **#TAPSOudors**, with our 16th episode, ***The Trail Ahead!***

Our month of Breathing in the New Year brought us the adventure of trying new things and being open, the grounding of mapping out a plan for ourselves and the life lessons in learning about what motivates us.

Your Activity This Week:

Reflection & Intention on Your Trail Ahead

As we begin to focus on The Trail Ahead, we are called to reflect. We can reflect on these lessons learned over the month of January, the tools gathered and introspection done in the last few months together on Fresh Air, on the path of our grief journey, and, ultimately, the trail of our life journey. And from reflection, we must move to intention.

In [Connected by Shared Experiences, Bound by Love](#), Rachel shares about how the value of intentions, while they are different from person to person, bind us together through love, nature and persistence.

This week, we've broken up our activity into 4 parts. Follow along below, then get outdoors and experience this activity on your own!

Part 1: Immerse in Your Nature Space

- Take some time, whether that's five minutes or five hours, and explore your outdoor space. Get reacquainted with the natural world right where you call home.
- Begin to notice...
- Then, when you're ready, find something in your nature space that is representative of ***how you feel right now*** on your trail in life.
- Keep this item with you as you continue exploring.

Part 2: Reflection

- As you ponder on the journey up to this point, get curious about your surroundings and ***seek out an item that represents your trail to this present moment.*** Is the item you first selected connected to where you've

been? If so, how? If not, what do you see that can hold space for where you have been?

- Find this item, and carry it with you.

Part 3: Intention

- As you move about the space, ***seek out something in nature that represents your Trail Ahead, your intention moving forward.***
- Is it something you already hold in your hand? Is it something new you must find? Can it be held?
- Continue spending time with this object on your walk.
- Intentions we set are something we can refer back to as we move down the trail. They can keep our minds focused and hopeful. Read more in this TAPS article [Intention Setting](#) on the benefits of setting intentions and how to do so.
- When you're ready grab your journal, canvas, poster board, or the medium you feel most comfortable creating on.

Part 4: Express It

- In whichever medium makes the most sense to you, express these reflections of where you've been, where you are now, and where you wish to go.
- While it's not for everyone, journaling your thoughts, even if it's just a few words can help to make sense of what you're experiencing.
- You can also make vision boards, intention bracelets, and so much more.
- Read more in [New Beginnings in the Winter Stillness](#) by TAPS' Erin Jacobson for more tips on creating a vision for what's ahead.

When you're ready, remember you can share your experience with us by taking a photo or video and sharing it using **#TAPSOudors** 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 First Campfire Chat of the Year!

[CLICK HERE TO REGISTER FOR THE CAMPFIRE CHAT!](#)

Join us for our very first Campfire Chat of the year on Monday, February 1, 2021 at 8 p.m. EST! During this chat we will dive into the content of Breathing in the New Year by creating an intentional object together with nature materials!

[Register here](#) to join us for this experiential Campfire Chat!

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