



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Breathing in the New Year • January 2021



JANUARY THEME: BREATHING IN THE NEW YEAR

WEEK 1: JANUARY 6 - 12

ACTIVITY: OPEN HEARTS & FRESH AIR

This week on [A Breath of Fresh Air](#) with **#TAPSOudors** we are launching our fourth month, **Breathing in the New Year**. On the thirteenth episode, **Open Hearts & Fresh Air**, our activity is focused on trying something new, with an open heart and a curious mind!

The outdoors is rich in opportunities for new experiences, even within experiences we've had before, like taking a new route on your morning walk or driving the scenic route home from work instead of the freeway.

In our grief, we tend to slide back into old routines or the same soundtrack in our minds. Nature gives us daily opportunities to break habits and form new ones, to step outside of what's comfortable and into a growth mindset.

As grievers we also know that unknown can lead to something hard and even tragic. When we lose someone we love, we often tend to fear more loss. Trying new things becomes heavy and tied to possible loss. But, this can become a kind of cement, locking us into one place. Being open to something new allows for us to grow.

How Can We Have Open Hearts and Courageous New Beginnings?

Choose Courage over Comfort

Dr. Brene Brown shares that "the key to whole-hearted living is vulnerability. You measure courage by how vulnerable you are." According to Dr. Brown's research, choosing courage and vulnerability opens us up to love, joy and belonging, and brings us closer to what she calls, "whole-hearted living."

You can step outside of your comfort zone, knowing you might fail, but that you chose to show up.

Read more in [5 Ways To Be Brave According To Brené Brown's Netflix Special 'The Call To Courage'](#).

Dr. Brown continues to share on her podcast, Unlocking Us, the ways we can navigate doing things for the first

time. In her episode, FFTs, she encourages that we (1) Normalize the new thing or experience, (2) Put it into perspective, and (3) reality check expectations. [You can listen to her podcast on FFTs here.](#)

*Be open to outcome instead of
expecting an outcome.*

Let go of negative expectations.

Open hearts begin when we let go.

Ultimately, we just encourage you to get out and breathe in the fresh air this week. Challenge yourself to something new, open your heart and remember you are not alone in this grief journey and the new beginning of the year.

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.

As we continue exploring the Seasons of Grief, we know there are many seasons we experiences in our grief, and winter can bring a multitude of challenges from [navigating the holidays](#) without our loved ones to the [impacts of colder weather](#). We want you to know you aren't alone, no matter your season.

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**.

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