



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS



WELCOME TO THE #TAPSOOUTDOORS FAMILY

Launching in October on Instagram at @tapsorg & at taps.org/outdoors/2020/virtual/october

THIS SERIES IS DEDICATED TO CONNECTING YOU TO THE HEALING POWER OF NATURE FROM ANYWHERE

This year has taught us many things as we've collectively navigated challenges, but one thing has felt deeply personal to our TAPS family: connection is the healing balm for our souls. There is no greater time nor greater need than now to reach out and reach within to connect.

At **#TAPSOoutdoors** we know, through [science](#) and [experience](#), that our planet's greatest tool for connection can be found anywhere, anytime: nature. Whether it's taking your coffee to the back porch in the morning, scrolling through images of and watching videos in your favorite National Parks, or finally taking that family backpacking or paddling trip, the great outdoors allows us to connect to something bigger than ourselves, see ourselves in the ecosystems we explore and share experiences with friends, family and strangers that roots us deeply into the power of connection.

This is your invitation to celebrate the power of connection through nature with our new series *A Breath of Fresh Air* with **#TAPSOoutdoors**!

It's simple. We share a new video every Wednesday with activities around a monthly theme, and you get outdoors and find the connection you seek where and how it makes sense to you! We invite you to share about your experience using the hashtag **#TAPSOoutdoors** and look for a re-share on our social channels! At the end of each month we'll come together for a Campfire Chat to share about our experiences and see what's ahead for next month!

We look forward to sharing this journey into the wilderness with you and cannot wait to see how your time in nature impacts your life!

For more information visit <https://www.taps.org/outdoors/2020/virtual/october>, email us at expeditions@taps.org or call 1(800) 959-8277.

Learn More on How Nature Connection Helps Heal

We know anecdotally from our everyday lives that when we go outside and get some fresh air we feel better. On our TAPS Expeditions, we've seen how immersion in the wilderness can support personal transformation. These are things we know intuitively, but we wanted to share a bit of the research to back it up.

- Getting outdoors improves physical, mental and social well-being, according to a [study conducted by the Great Outdoors Lab](#). They found the emotion of awe experience in nature is an important mechanism driving these effects.
- As we continue to explore the benefits of the outdoors through *A Breath of Fresh Air*, you can [read the article Science's New Miracle Drug is Free](#) to learn about the ways nature is being prescribed across the world.

LEARN MORE AT [TAPS.ORG](https://taps.org)

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