



# A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Changing Landscapes • November 2020

## NOVEMBER THEME: CHANGING LANDSCAPES

Week 1: November 4 – 10

Activity: Acknowledging Change

As we continue our journey together [on A Breath of Fresh Air](#), we walk together into the month of November. This time of year is wrapped in ever-changing landscapes as we make the full transition of fall into the winter. As survivors, we know intimately well how the changing world around us impacts our world within.

This month, we are exploring just that. Not only will we discover the Changing Landscapes of our natural world, we will begin to explore the ways we can use ecological metaphors as tools to better understand and connect with ourselves during change.

This week we begin with *acknowledgement of change*. Read on for a few prompts to help you begin acknowledging the changing natural world around you, and possibly the reflection of those changes within yourself.

### *Ways We Can Acknowledge Change In the Natural World & Within Ourselves:*

#### 1. Use Your Five Senses to Learn Nature

- See, Smell, Hear, Touch, Taste
- Be intentional about your time in nature and use one or all of your five sense to discover what's changing. This is also a great grounding technique to help us get into the present moment.
- What do you see that's different than before? Are the leaves changing, gone? Does the air smell

different? Do the wooded trails smell different? What kinds of birds are you hearing now? What does the ground feel like? Can you taste the difference in the produce you're eating?

#### 2. Get Curious with Metaphors

- Metaphors are an incredibly powerful tool in our grief journey, specifically ecological metaphors. We can look to nature and see a reflection of our life experiences in it.
- When we look and acknowledge the way changes take shape in the natural world, like the turning and falling of leaves and the shift from warm breezes to cold gusts, we can begin to notice those changes within us. A time of vibrancy to the need for rest, a time for open spaces to the need for close connections; all of these things and more we can begin to notice within nature and ourselves.
- I invite you to be curious when you create your metaphors, as they are your experience. According to [Lakoff and Johnson's book, \*Metaphors We Live By\*](#), metaphors are a fundamental mechanism of our minds, and they allow us to use what we know about our physical and social experiences to provide an understanding of countless other things, like our grief.

Remember to share your experience with us by taking a photo or video and sharing it using [#TAPSOudors](#) or email us at [expeditions@taps.org](mailto:expeditions@taps.org)!

## *Catch Up on What You Missed in October*

In the month of October we explored Getting & Staying Grounded, learning from one another and nature the value of what it means to live in the present moment and acknowledge what we are experiencing. Here's a brief recap from each week. Click the links to join in!

- [Week 1 Activity: Get a Breath of Fresh Air Video](#)
  - We began with a short breathing exercise and focused on just being in nature.
- [Week 2 Activity: Listen.Learn.Love. Video](#)
  - We took to the outdoors intentionally with the National Military Suicide Survivor Seminar theme.
- [Week 3 Activity: Connecting to the Land Video](#)
  - Grounding can be both metaphorical and literal, so we connected to the land beneath our feet.
- [Week 4 Activity: Home Sweet Home Video](#)
  - To close out the month, we found ways to stay grounded through nature close to home.