



# NATURE PRESCRIPTION

A guide for regeneration and wellbeing  
with and in Nature

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## The power of Nature

It is proven that spending time outdoors offers numerous benefits for mental, physical, and emotional wellbeing. Simply being in a natural environment promotes relaxation and reduces anxiety by shifting the focus away from daily stresses. Many people experience increased calmness, positivity, and overall satisfaction after spending time outdoors. And Nature draws attention to the present moment, helping to quiet mental chatter and increase mindfulness. Observing natural beauty can also inspire a sense of awe and appreciation, grounding people in the here and now.

Those combined effects make Nature a powerful and accessible place for overall health and resilience.

I have created this guide full of easy, accessible outdoor practices to support your regeneration and overall wellbeing in these trying times.

You can pick and choose any of the practices and combine them as you like. Feel free to add, remove or change elements – make the practice your own.



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- Mindful Breathing
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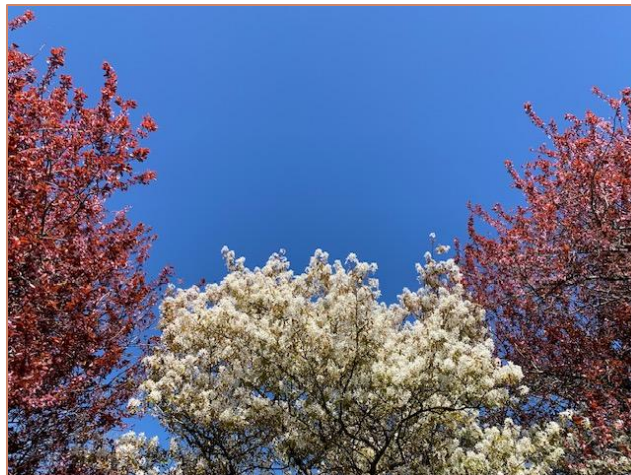
I hope you will find the content of this little guidebook useful and that you feel the many benefits of spending time with and in Nature.

Do you want to deepen your practice and are you considering working with a Nature Coach to engage with your struggles from a place of strength, trust and resilience, rather than exhaustion, despair, or burnout?

Or are you looking to engage your team in regenerative practices as part of their wellbeing?

Then visit my website for information about the Regeneration for Changemakers program, and what I have to offer to support you.

We can schedule a free session, to experience what working with me feels like.



## Mindful breathing

Our breath is always available as an anchor and helps to re-connect with our body. Our body is in the present moment, not in the past and not in the future. That's how breath, felt in the body, can bring us back into the present moment experience.

### Suggested practice:

- Find a place of your liking – a park, forest, next to a plant – where you feel safe and at ease
- Stand still, with your hands touching your lower belly if that feels good
- Close your eyes
- Take at least 10 slow, deep and conscious breaths into your belly
- Let your breath resume its natural rhythm, open your eyes and continue your nature experience
- Feel the effect of the exercise – what has changed?

### Addition 1:

- Let your breath resume its natural rhythm and focus on where you feel it most (nostrils, back of your throat, chest, rib cage, belly, ...)
- Stay with this focus for a couple of minutes, and bring back your attention to the breath every time your mind wanders off
- Open your eyes and continue your nature experience

### Addition 2:

- Let your breath resume its natural rhythm
- On the inhale, silently say “calm” and let the fresh air fill your entire body
- On the exhale, silently say “grounded” and breath out towards your feet and the ground
- Stay with this for a couple of minutes
- Open your eyes and continue your nature experience

## Mindful walking

Our feet are the furthest away from our head. Focussing on the feet and the movement of walking helps to get out of our minds and into the present moment experience. Mindful walking in nature invites awe and wonder for the surrounding landscape. And it makes us appreciate our feet that carry us through life, no matter how steep the hills or muddy the paths we take.

### Suggested practice:

- Find a spot where it is safe to walk mindfully
- If it's safely possible on the ground you stand on, and only if you like it –try this exercise with bare feet for a more intense experience
- Stand still and focus your attention on the spot where your feet are touching the ground
- Lift your right foot, slowly, like in slow motion, and pay full attention to the movement of your foot rolling off the ground and hovering above it
- Move your foot forward, fully aware of the process
- Placing the foot on the ground, experiencing which parts touch the ground first, which parts follow, until your foot is completely on the ground
- Realize how your left foot has already lifted to some degree
- Repeat the steps now with your left foot
- Move as slowly as you can, fully focused on the movement and sensation of the feet in the air and on the ground
- When you have completed a couple of steps in this way, increase the speed and walk slowly, keeping the focus of your attention on the movement of your feet.
- You can walk a straight line, or in smaller or bigger circles
- Spend a minimum of 15 minutes with this exercise
- Once finished, feel the effect in your body – what has changed?

## Mindful walking - continued

### **Addition 1:**

- Let your breath support the exercise
- Inhale when you lift your foot
- Exhale when you place it back on the ground
- What have you experienced? What was different?

### **Addition 2:**

- A playful variation – can you also mindfully rush or run?
- Be aware of the movement of your entire body and your feet touching the ground while walking at a fast pace, or even running
- How was this experience different from the slow walking?

## Growing roots

We have the tendency to rush through our busy lives and sometimes think that slowing down equals missing out. Actually, the opposite is true. Only when we are fully present in the here and now can we see clearly and engage fully with the present moment experience.

This exercise is an invitation to slow down, even so much so that we grow roots, for a sense of groundedness and steadfastness.

### Suggested practice:

- Find a place where you feel safe and at ease, and where it is ok for you to standstill for a while
- If it's safely possible on the ground you stand on, and only if you like it – try this exercise with bare feet for a more intense experience
- Stand firmly yet relaxed on the ground, feet hip-distance apart, arms next to your body, with dignity, the chin slightly pulled in so that the spine can be erect, but not stiff
- Take a couple of slow, deep and conscious breaths into your belly
- Let your breath resume its natural rhythm
- Now focus your attention on the spot where your feet are touching the ground – sense how the soles of your feet are making contact with the surface
- Now imagine how small, tiny roots are growing from your feet into the ground, giving you hold and balance
- Sense how these roots steadily grow bigger and stronger, finding their way deeper into the ground
- Feel how these roots are anchoring you, how you stand strong
- Now slowly and gently lift your arms sideways a couple of centimetres, turning the palms of your hands forward, with the quality of openness and receptivity
- Feel how you can receive whatever comes at you – wind, life's adversities – while standing strong and grounded
- You might sway, but you won't fall!
- Be with this experience for a moment, before you drop your arms again.
- Feel into the effect of this exercise – what has changed? What have you experienced?

## Engaging all senses

Being humans, sight is our dominant sense. Deliberately engaging all senses from time to time can help to feel more in the here and now and we become aware of the full complexity and intensity of our experience.

Focusing our attention on the different senses gets us out of our head, into the body, and we can observe how our experience shifts with our attention.

Nature provides a rich source of stimuli for this practice.

### Suggested practice:

- Find a spot where it is safe for you to walk slowly and pause from time to time
- First, engage the sense of seeing – what do you notice with your eyes?
- Take your time. Be present with what you see. When your mind wanders, no problem, just gently bring your attention back to what you see.
- Now focus on what you can hear – birdsong, waves, cars in the distance, wind in the trees ... go slow
- And now focus on what you can feel – your feet touching the ground, warmth or cold in your face, wind in your hair, touching a tree ... take your time
- Next, what can you smell – the scent of flowers, fresh cut grass, decaying leaves, animal droppings ... don't rush
- And can you taste something? How does the air taste? Can you safely access edible fruits or leaves?
- Now that you have engaged all your senses, one at a time, try and engage them simultaneously, being aware of the full, lively experience that is you.
- When finished – what have you noticed? What have you come to realize?

## Inviting awe & wonder

More often than not, we just rush by the beauty that surrounds us. This exercise invites you to pause and very intently turn towards it, so that you can nourish awe and wonder about the miracle of life.

### **Suggested practice:**

- Find a spot where it is safe for you to walk slowly and pause from time to time
- Look around you and become fully aware of what is there
- Start with objects that are furthest away from you – maybe a tree in the distance, or a few bushes on grassland?
- Look at them with curiosity, as if you have never seen something like this before and take in as much detail as possible – colours and shades, shape, texture, movements... take your time, no need to rush
- Now move your attention to objects that are closer by, at approx. 5m distance, and look at them with curiosity. What do you see?

You might need to walk towards the same object in the distance or another object in the area.

- Now take in all the details of objects at arm's length

Again, you might need to walk towards them if nothing is that close to you

- And now get really close to an object (a leaf, a tree trunk, a flower, ..), and take in all the details with curiosity and a mindset of seeing this object for the first time.
- When you are finished, remove your focus from the very details of the object and zoom out again. What do you notice? Has anything changed in the way you see?

## Your inner weather pattern

Like the outside world around us, also our inner world is constantly changing. There is sunshine, sometimes thick fog or a thunderstorm with energetic lightening, there are white clouds and gentle breezes or a proper storm in a dark sky.

It is important to reconnect from time to time with our inner weather pattern, so that we become aware of our needs. When there is unrest(stormy) – maybe we want to slow down or meditate for 5 minutes. When there is gloom or sadness (clouds in a grey sky), maybe we want to offer some Self-Compassion and acknowledge the difficulty we are facing.

### **Suggested practice:**

- Find a spot where it is safe to stand still or sit comfortably
- Become aware of the weather that surrounds you – temperature, colour of the sky, clouds, wind, rain or snowfall ...
- Close your eyes or lower your gaze
- Take a couple of deep breaths, inhale and exhale mindfully
- Let the breath resume its natural rhythm
- Focus your attention on your core body (throat, chest, belly)
- Feel into what is currently alive within you, observe
- Take your time

## Your inner weather pattern - continued

Depending on your state of mind at the start of this exercise, it might take a while until you can make contact with your inner weather pattern. Be patient, don't rush it.

- When your mind is wandering off and you are following your thoughts –that's ok. Gently bring your attention back to your core. Take as much time as you need to fully connect to your core and what's alive in you at this moment.
- Be the observer, there is no need to mentally comment or even judge what's there – just be aware.
- Maybe pictures come up in you, for example a peaceful pond under bright blue sky? Or an autumn storm, shaking the branches of a tree? No matter what comes up, just be with it.
- Once you have a clear understanding of your inner weather, ask yourself– “What is it that I need right now?”
- Let the answer emerge from the core (not the head). Feel into the need.
- Take your time, maybe it is not very clear at first, or multiple things come up. Stay connected to your core and let the need emerge.
- Once you know what you need, articulate the intention to offer yourself what you need.
- As soon as the opportunity arises, fulfil that need.

As this is a meditative practice that can take some time and involves several steps, consider practicing with a friend / group of friends or meditation teacher who can guide you through the process until you have internalized the steps.



## Contact



With over 20 years of experience in corporate leadership and organizational transformation, I bring a unique blend of scientific insight, strategic acumen, and deep human-centered wisdom to my work. With a PhD in Biology and certified as a Mindfulness Mentor and Nature Coach, I support changemakers in the climate and ecology sectors to lead with resilience, clarity, and purpose.

My approach is grounded in both science and soul—drawing on systems thinking, embodiment practices, and regenerative principles.

The program **Regeneration for Changemakers** is born from my commitment to inner and outer sustainability—supporting those who care for the planet to also care for themselves.

Are you interested in the program, and would you like to get in touch? Here is how you can reach me:

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