

MET **DISSECTIFY**

How to Relax in Nature (Version 1)

Be safe, Watch where you put your feet, Take water, if you are going far tell someone where you're going.

Safety first, Wait, Notice, Repeat

1. Mental shift, Nature gets along without you, enjoy that freedom responsibly.
2. You don't need to go far just find a good spot that you find relaxing
3. Everyone loves a view. If you aren't traveling far a hiking chair or sitting pad can give you an opportunity to soak in your surroundings with more comfort.
4. When in doubt sit and wait
5. Appreciate the big picture of your surroundings, but also try to notice and appreciate the million little things you've never taken the time to look at that build up the natural surroundings.
6. Find something eye catching or hear something new observe it, research it later
7. Whatever caught your attention can you find similar but different things? How do they differ?
8. What other interactions happen with that piece of nature that caught your attention?
9. If you aren't going far, go lightweight, and take something take a bag to carry what you take
10. Explore the same place at different times. Different times of day or different times of year. What changed?

Bring the appropriate tools. Possibly a hiking chair, a pair of binoculars, a field note book, a magnifying glass. There are many books and apps that can help you identify what you saw.

Birds- look towards water, tree tops, and dense plants.

Insects including Butterflies, bees, even honeybees - Look almost everywhere. Waterways, the ground, around flowers especially areas with native plants.

Mammals- The hardest to find. Try secluded areas near, might have a higher concentration.

Reptiles- sun themselves towards dawn and dusk, although you might find some reptiles in remote areas during mid day depending on temperature.

Amphibians- Look in damp, or wet freshwater areas.

Plants- The easiest to find. Except for a few species they don't walk and if they do its very slow. Flowers are easily identified by flower structure.

Mushrooms / Fungi - Check around tree stumps and in damp conditions with decaying vegetation.

Be safe and there are many free resources on dissectify.com .

Watch where you put your feet. Watch where you put your mind.