

An Introduction to Reset Outdoors

Morning Star Rotary Club

November 15, 2023

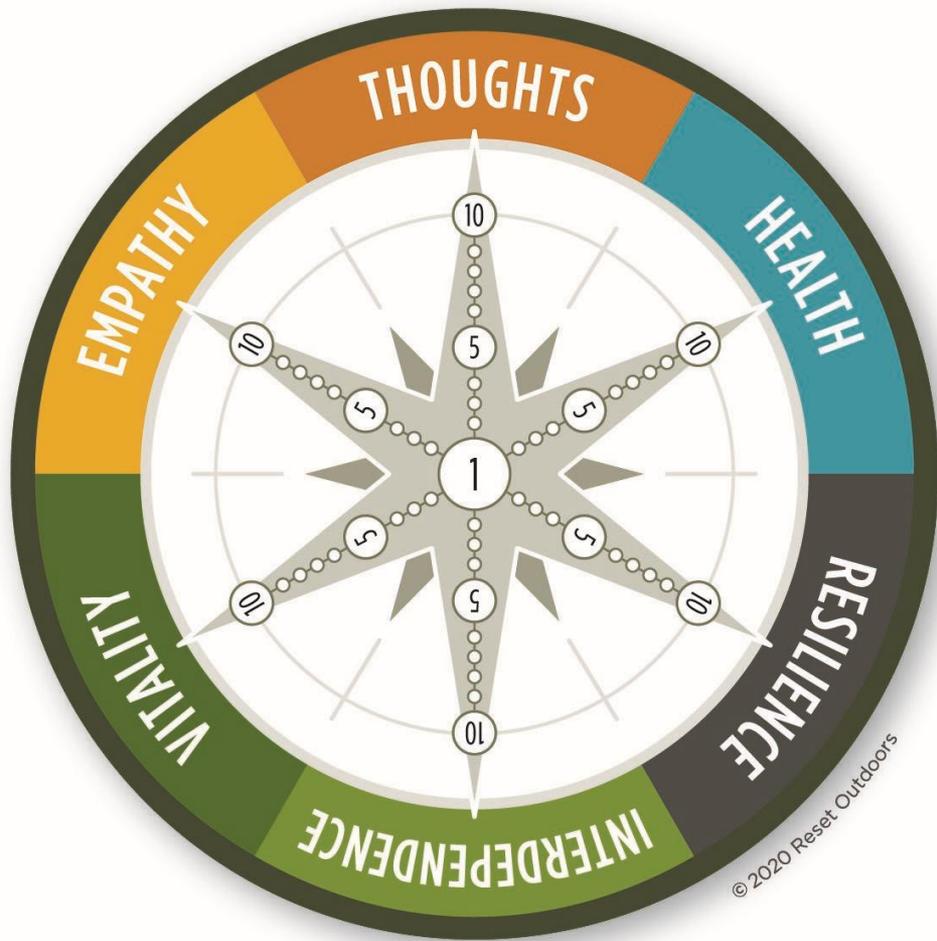
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**THRIVE
COMPASS**
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There is no such thing as a “safe space” —
We exist in the real world.
We all carry scars and have caused wounds.
This space
seeks to turn down the volume of the world outside,
and amplify voices that have to fight to be heard elsewhere,
This space will not be perfect.
It will not always be what we wish it to be
But
It will be our space together,
and we will work on it side by side.

--Beth Strano

● What is *well-being* for you?

What do you see?

What do you hear?

What do you feel?



What do you need?



What do they need?



What works for you?

- Activities
- Places
- People





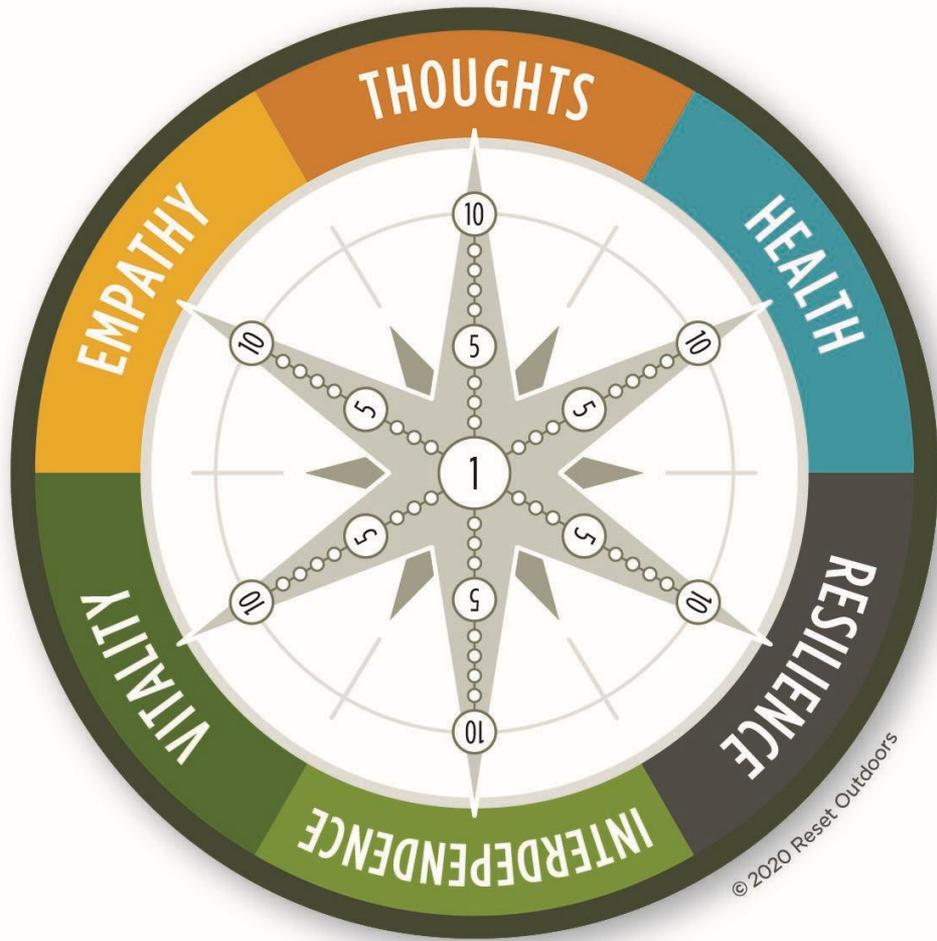
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Why does this matter?





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Moving forward...



Reach Out!

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Goals:

- Increased Awareness
- Increased Connection
- Reduced Stress
- (Insert your Intention here)

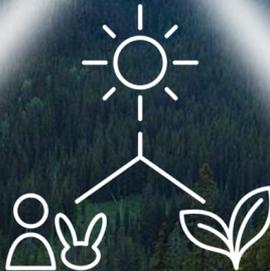


Define the Terms

- Clinical Significance
- Anxiety
- Depression
- Traumatic Stress / PTSD
- Health/Well-Being



The Lines are Blurred.





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