

Nature Grief Map



Spending time in nature can offer support when caring for someone who is nearing the end of their life or grieving the death of a person.

It may provide:

- A break from daily stresses.
- A reminder of how nature continues to grow and adapt, even through difficult times.
- An opportunity to clear your mind and improve your mental health.

Nature is a place where you can simply be yourself.

Date of preparation: July 2025

Create your own nature grief map

You can do this alone or with the support of others.

This activity may help you:

- Find moments of calm.
- Notice your surroundings.
- Explore how nature can support you in your grief.

Step one: get your map ready

- Choose a place you'd like to visit, whether it is a park, garden, woodland, or beach. It could even be somewhere special to the person who has died or someone you care for.
- You can either draw a map or print one to represent the place.

How do you like to experience nature?

- Decide what to bring on your journey, such as a camera, notebook, or phone. Will you take photos, make notes, or draw what you see along the way?

Other things you might need:

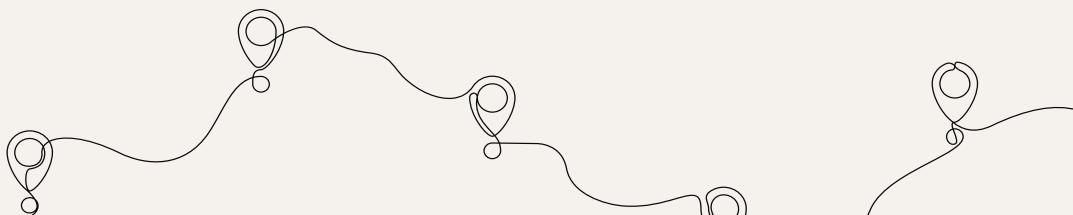
- Pens, pencils, or markers.
- A container or bag to collect nature finds.
- Water and snacks.
- Weather-appropriate clothing and shoes.

Take whatever helps you feel comfortable.

Plan your journey

Look at your map and think about where you'd like to go:

- Identify spots or viewpoints you'd like to stop at.
- Consider any facilities you might need along the way.
- Choose paths that suit your needs.
- Don't forget to stay nourished and hydrated.



Step two: choose outdoor activities (optional)

Before you head out, think about what activities you'd like to do in nature. Here are some ideas:

Collect nature finds

- Look for small stones, leaves, or anything else that catches your attention. You can keep them as reminders or leave them in nature where they belong.

Wildlife spotting

- Keep an eye out for birds, animals, or insects. You can take a photo, jot down notes, or draw what you see.

Practical explorations - if you enjoy hands-on activities:

- Rock pooling
- Beachcombing
- Woodland foraging.

There are resources to guide you safely through these activities, such as:

- Woodland Trust website.
- BBC Countryfile Beachcombing Guide.
- The Rock Pool Project website.

It's okay if you just want to go for a walk or sit in nature.

Step three: mark your starting point

- You can mark a star, circle, or cross to show your starting point.

Get ready to go

Before you begin, take a moment to:

- Gently stretch to release tension in your body.
- Try light movements like shaking your hands to ease any stress.
- Bring the 54321 method included in this Bereavement First Aid Pack to help ground yourself (optional).



Step four: during your journey

You can mark symbols on your map to show what you find. These might represent:

- What you did.
- What you saw.
- What reminded you of the person you care for or who has died.

Here are some symbol ideas (you can make your own):



Bench - a nice place to sit and rest.



Binoculars - a moment where you noticed birds or animals.



Sun - feeling warmth or noticing the sky.



Water - a stream, pond or sea.



Flower - a plant, flower or seed.



Footprints - where you walked.



Heart - a moment that reminded you of the person who has died.

Step five: mark your end point

Endings in grief are important. They help us understand change and find meaning. When your journey feels complete, mark your end point on the map. Take a moment to think about how nature has helped you along the way.

Doing the activity again

Repeat this activity as often as you like. You might choose to:

- Explore new places or revisit your map.
- Invite others to join or create a group for a shared experience.

Remember, nature is a space where you can simply be yourself.

5-4-3-2-1

Nature inspired grounding method

Life events like dying, death and loss can cause us to feel anxious and stressed. This resource combines the calming influence of nature with the 5-4-3-2-1 method, offering you a simple tool to use whenever you need it. You can use all five senses or just whatever feels manageable in the moment.

How the 5-4-3-2-1 method can help: the 5-4-3-2-1 method helps interrupt the fight-or-flight response, making it easier to calm your body and mind when feeling anxious or stressed. By shifting your focus to your surroundings, it can help break the cycle of difficult thoughts and emotions.

5



Things you can see.

Name five natural things you can see, such as: trees, clouds, birds, flowers and grass.

3



Things you can hear.

Take a moment to notice three natural sounds around you, like: birdsong, wind and waves.

1



Things you can taste.

Focus on one thing you can taste, such as: herbal tea or fruit.

4



Things you can feel.

Notice four things your body can touch, such as: the breeze, warmth of the sun, leaf texture and solid ground.

2



Things you can smell.

Find two things you can smell, such as: flowers and cut grass.



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