

NATURE WALK FOR MENTAL HEALTH

PROPOSAL



MPU219204 Community Service
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PURPOSE

To promote mental wellness through accessible, guided nature walks.
Improving physical & mental health through nature, reducing stress, socializing and fostering connection

OVERVIEW

A relaxing, no-cost outdoor event where people can walk, talk, and reconnect with nature and each other.

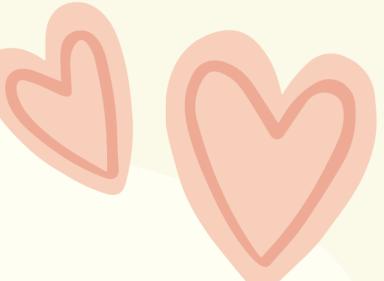


 Location:

Shah Alam Community Forest Trail

 Time:

8AM-11AM

 Date:

16th August, 2025

What to expect?

-  Light conversation & community connection
-  Optional mindfulness moment
-  Pet-friendly vibes
-  Bring your own water/snack or enjoy what's shared
-  Free Registration



SUMMARY

WELCOMING AND
ICEBREAKER

BUILDING A BUDDY
SYSTEM

PET FRIENDLY

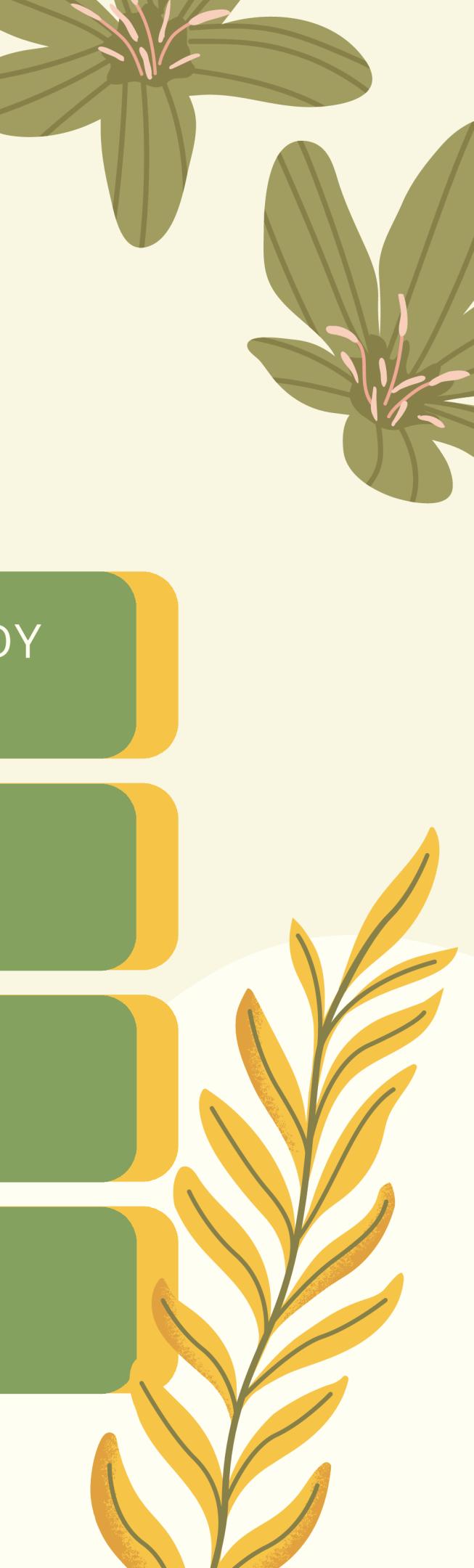
NATURE WALK

MINDFUL PHASE

SNACK TIME

GROUP DISCUSSION

CLOSING



WHY?

Busy schedules and different lifestyles makes it difficult to maintain our health and social life.

Build up of stress and loneliness in people have various affects. This is a chance for people to have a healthy escape

- Reconnect with nature
- Mental clarity
- Social Connection
- Environmental Awareness
- Mood Enhancement
- Physical Health
- Improved concentration





KEY ACTIVITIES



- ♥ Plan walking route and timing.
- ♥ Make groups, give activities (identifying flowers, key discussion topics)
- ♥ Prepare light conversation or mindfulness prompts.
- ♥ Encourage inclusivity (pets, children, multilingual signs if needed).
- ♥ Setup basic refreshment/snack.
- ♥ Collect simple feedback at the end.

TIME TABLE

08:00 - 08:30

Welcome & Icebreaker Groups



08:45- 09:30

Nature Walk Begins



09:40-10:00

Mindful Pause & Reflection



10:10 - 11:00

Snack Sharing & Light Social Time



11:00 - 11:10

Group Photo & Quick Feedback



11:10

Closing Remarks & Optional Cleanup



SUCCESS AND LIMITATIONS

- Providing free, low-pressure mental health support.
- Encourages movement and connection with nature.
- Builds community and reduces isolation.
- Helps those with difficulty reaching out or socializing.
- Pet-friendly and inclusive for various ages.

- Weather dependent: may require rescheduling.
- Needs safe, accessible locations.
- May require light coordination for pets.
- Volunteer support may be needed for larger groups.





SAFETY & PRECAUTION

PRE-PLANNING

ID INFO

BUDDY SYSTEM

FIRST AID KIT

LEADER ASSIGNED

SAFETY BRIEFING

EMERGENCY CONTACT

HEALTH SCREENING (NO
FLU, COVID, ETC)

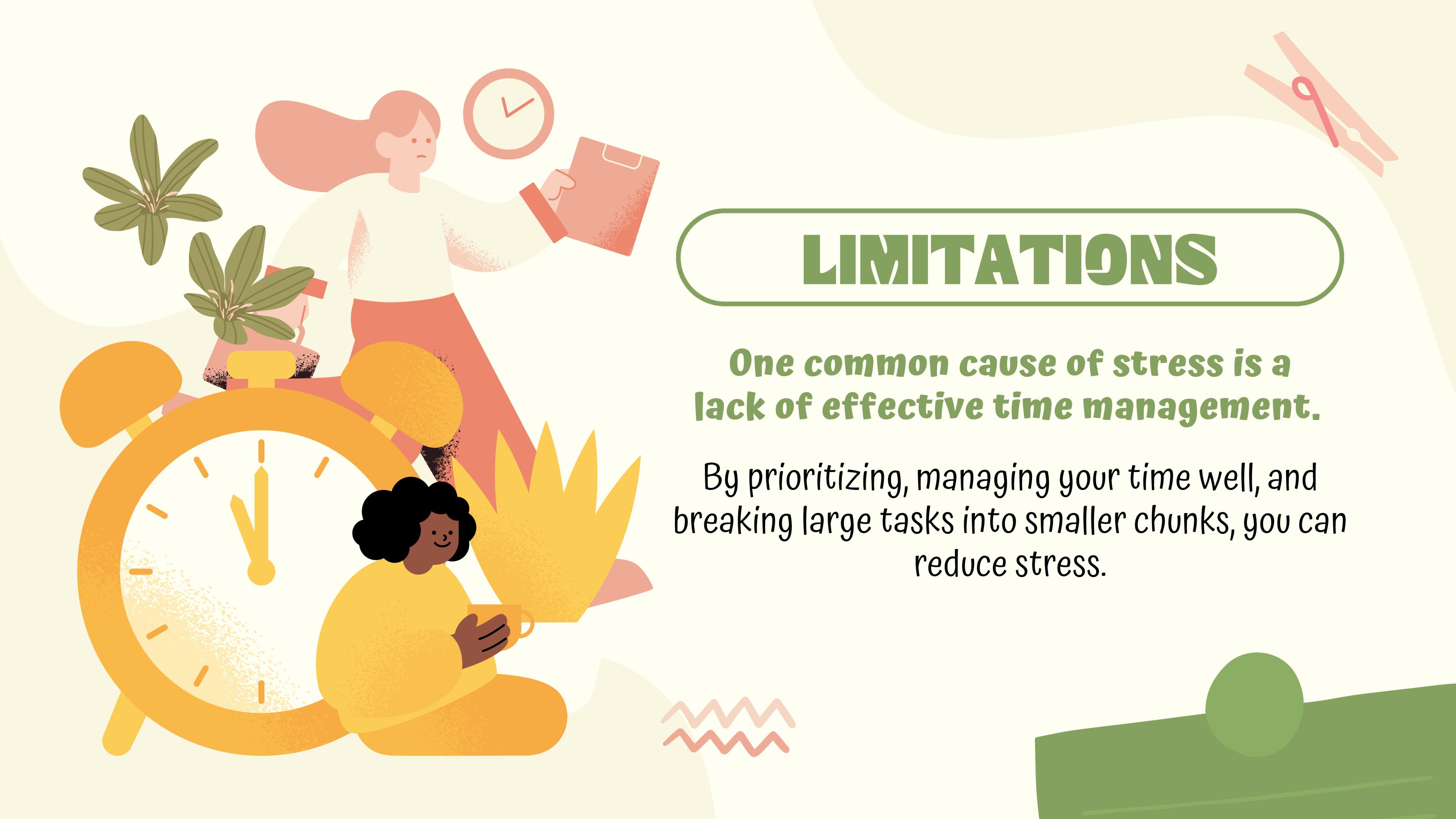


MINDFULNESS AND RELAXATION



Mindfulness is the practice of focusing your full attention on the present moment, without judgment. Mindfulness exercises and relaxation techniques such as deep breathing and meditation can help calm the mind and relieve stress.

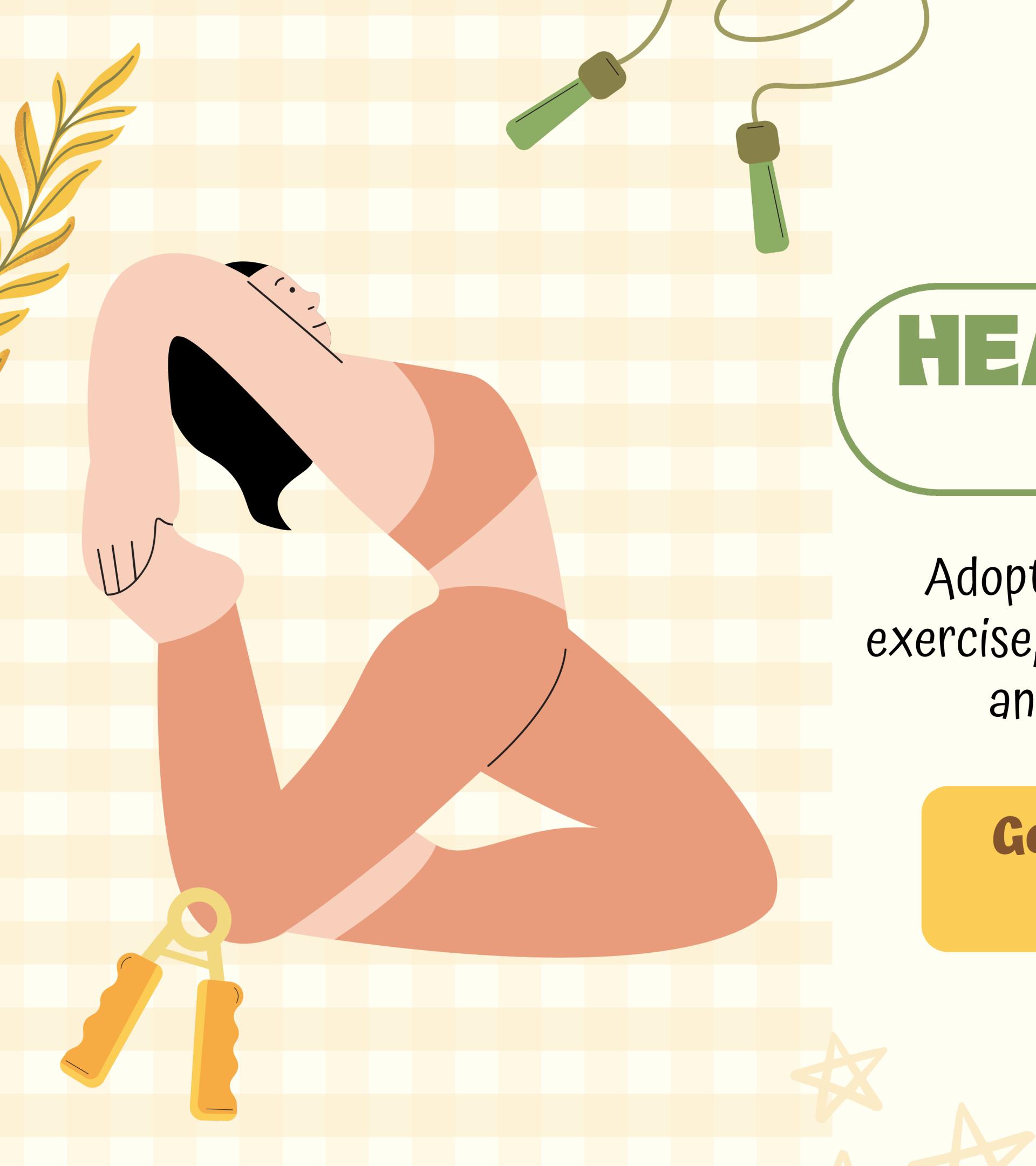




LIMITATIONS

One common cause of stress is a lack of effective time management.

By prioritizing, managing your time well, and breaking large tasks into smaller chunks, you can reduce stress.



HEALTHY LIFESTYLE CHOICES

Adopting a healthy lifestyle, including regular exercise, getting enough sleep, and avoiding alcohol and cigarettes, can help reduce stress.

Good physical health contributes to mental well being.





"By implementing proper stress management techniques, we can maintain emotional and physical balance to live a healthier, happier life."

THANK YOU