Before you open the mystery adventure bag, take a moment to think about what is causing you stress. When you open this bag, your stress will wash away, and you find yourself in the wilderness. Take out the plant and the picture of Washington. Maybe this will help you imagine that you’re surrounded by nature, as if you are there in Washington. There are tall lush green trees, yellow, pink and white flowers at your feet. Also, at your feet is a little pug (pull the picture of the pug out of your bag). The only noises that you hear are of the nature: there is the soft whistle of the wind, leaves rustling and the soft snorts of the pug. Back home, I used to go hiking a lot. I love to emerge myself if nature. There is something calming about being able to not think and just listen to the sounds of nothing around you. Imagine that you start your hike up through the forest along a small dirt path. After an hour of two hiking you find a raspberry bush with fresh berries, ready to be eaten. Now pull out the raspberries, sketchbook and the lavender. This will help you smell and taste nature as well. One of my favorite things was being able to find an area with an outlook. This way I could relax with my dog, smell the fresh air and lose myself in my drawings. Imagine that you sit down on a stump, pull out your sketchbook out of your bag and start to draw the nature around you. You put your headphones in and listen to Parachute by Jaymes Young. While you draw the horizon and the nature around you, you start to snack on the fresh raspberries. Every so often, you give the pup a raspberry. The fresh smell of the pine trees, flowers and the cool air calms helps calm me. Washington is a safe and calming place that I will return to. I want to be able to share my comfort and way of decompressing with everyone. Everyone has their escape, but nature is mine. Home for me is nature, being with my dog and drawing. This encompasses all of the things that help me decompress. At the peak of my journey, I start to cool down and put my jacket and hat back on. Then I start my track back down. The piece of text that I chose was “fake it until you make it”. Although this is not a book, this text can either confuse or help people. For me, I think it is better to do things that make you happy. For me it is hiking, spending time with my dog and drawing. Faking it until you start to feel better does not make me feel 100% better. There is always some part that does not feel better. This may help people, but will the problem ever be fully resolved? If this does help you, then maybe it is your motto; but for me, my adventures are what help.



