



Sunlight Through the Trees, LLC

Nature-based Mindfulness for Stress Reduction and Mental Wellness

Kim Hinzy, MSW, LCSW, CCAT

OVERVIEW & PURPOSE

In our fast-paced world, stress has become an all-too-common companion in our daily lives, affecting our mental, emotional, and physical well-being. Yet, amidst the chaos, there exists a powerful practice that offers a pathway to reclaiming inner calm and resilience: mindfulness.

Nature-based Mindfulness for Stress Reduction and Mental Wellness (NBMSR) is based on the tenets of ecopsychology and Mindfulness Based Stress Reduction (MBSR), the program developed by Dr. Jon Kabat-Zinn in the late 1970s at the University of Massachusetts Medical School. NBMSR is an 8-10 week program designed to cultivate mindfulness, the art of being fully present in the moment without judgment, and connection with nature. At its core, NBMSR combines mindfulness meditation, gentle somatic exercises, and sensory awareness practices to empower individuals in managing stress and the challenges of everyday life.

NBMSR invites us to become intimate observers of our own experiences, allowing us to develop a deeper understanding of our thoughts, emotions, and bodily sensations. Through regular practice, we learn to navigate life's inevitable ups and downs with greater clarity, compassion, and equanimity.



In this introductory guide to NBMSR, we will explore the principles, practices, and benefits of this transformative approach to stress reduction. Whether you're seeking relief from the pressures of modern life, or simply yearning to cultivate a greater sense of well-being, NBMSR offers a pathway to resilience, inner peace, and holistic health.

NBMSR can be an excellent complement to your therapeutic journey and can foster insight and growth to support your existing treatment goals. Additionally, integrating mindfulness practices into daily life can create a sustainable foundation for long-term well-being and personal growth.

ABOUT YOUR GUIDE



Kim is a Licensed Clinical Social Worker in Illinois and Colorado with an emphasis on nature-based therapeutic approaches to support mental health and wellness. Kim is the founder of Sunlight Through the Trees–Psychotherapy and Nature-based Wellness; a Certified Nature and Forest Therapy Guide from the Association of Nature and Forest Therapy Guides and Programs (ANFT); and a Certified Clinical Adventure Therapist from the Association of Experiential Education. Kim’s approach is grounded in trauma-informed practices focused on cultivating a sense of safety, connection, and acceptance to promote healing, self-discovery, and personal growth. Originally from the midwest, Kim currently resides and practices in the foothills of northern Colorado and offers both virtual and in-person sessions.

OBJECTIVES

Participating in NBMSR can offer a range of objectives and benefits, including:

- Stress Reduction: Learn practical techniques to manage stress more effectively, reducing its impact on mental, emotional, and physical well-being.
- Mindfulness Skills Development: Cultivate mindfulness skills to enhance awareness, attention, and present-moment engagement, fostering a deeper connection with oneself and others.
- Enhanced Coping Mechanisms: Develop resilience and adaptive coping strategies to navigate life's challenges with greater ease and equanimity.
- Emotional Regulation: Gain tools to skillfully navigate difficult emotions, reducing reactivity and cultivating emotional balance and stability.
- Improved Focus and Concentration: Enhance cognitive function and concentration through mindfulness practices, fostering clarity and creativity.
- Enhanced Self-Compassion: Cultivate a kind and compassionate attitude toward oneself and others, fostering greater self-acceptance, self-care, and resilience.
- Quality of Life Enhancement: Experience greater overall well-being, satisfaction, and joy in daily life by learning to fully engage with the present moment.
- Health Promotion: Promote physical and mental health by reducing the impact of stress-related conditions and fostering holistic well-being.

COST: \$400

At this time, NBMSR is not covered by insurance in Illinois. Some aspects of the program may be covered in Colorado and can be explored on a case-by-case basis.

Participants will meet for 8 consecutive weeks (virtual or in-person). Sessions will be 45-minutes and will include assigned “homeplay” activities to practice new skills in between weekly sessions. Regular practice, informal or formal, is a vital component of developing any new skill, including mindfulness.

*Group sessions may be offered on a periodic basis. Please reach out for details.

READY TO GET STARTED?

If you have questions or are ready to begin your journey to mindfulness and connection, please reach out to Kim to schedule a free 15-20 minute consultation call. You can reach out to Kim at kim@sunlightthroughthetrees.com or by text at 720-893-0198. I look forward to connecting with you.

