



## Prioritize your mental health with short, fun activities at your local Indiana State Park, and enter for a chance to win a 2021 Indiana State Park Annual Pass!

Simply choose an activity, submit a short description (photos too if you have one!), and email [info@projectaware.com](mailto:info@projectaware.com) or submit at [bit.ly/DNRsubmissionform](https://bit.ly/DNRsubmissionform). Complete one of the three activities below or come up with a different healthy activity to complete. Enjoy and be well!

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### Five Senses Grounding Technique

Head in the clouds? Use your senses to gently turn your attention to the present moment and surroundings at the park.



#### 5 - See

Point out five things around you that you can see.



#### 4 - Feel

Say four things you can currently feel.



#### 3 - Hear

Listen carefully... what are three things you hear?



#### 2 - Smell

Identify two things you can smell.



#### 1 - Taste

Notice one thing you can taste.

Interested in more mental health resources?

[BeWellIndiana.gov](https://www.bewellindiana.gov) is Indiana's new hub for mental health wellness resources.

Want to know more about Project AWARE?

Check out Project AWARE - Indiana Mental Health Education and Awareness at [ProjectAWAREIN.org](https://ProjectAWAREIN.org)

#AwareINtheParks

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## Move Your Body, Clear Your Mind!

In whatever way you can, get a move on! Whether you came to hike, jog, swim, or bike—this is a great opportunity to exercise and explore the outdoors! A bit of movement can be great for our mental health, especially when we feel emotionally or mentally stuck.



*Whatever activity you choose, please make sure you are adhering to your park's COVID-19 guidelines!*

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## Learn Something New!

Learning about the natural world can broaden our perspective! Challenge your curiosity today!

- Stop in your park's visitor or nature center to explore their resources
- Identify a new plant or animal you've come across (hint: use Google or the smartphone app Seek!)
- Learn from the experts by attending an event, program, or activity led by a State Park Naturalist! See your park's full calendar at [bit.ly/DNRCalendar](https://bit.ly/DNRCalendar)

## Submit to Win Your Annual Pass!

When complete, don't forget to write a short description of your activity, attach a photo if desired, and email it to [info@projectaware.com](mailto:info@projectaware.com) or submit at [bit.ly/DNRsubmissionform](https://bit.ly/DNRsubmissionform). All submissions are due by **October 10**, and winners will be contacted by October 31. Good luck!

Visit [changethefrequency.today](https://changethefrequency.today) for additional virtual resources that can help improve your mental wellness.

Project AWARE Goes to the Park is an Indiana program developed to encourage Hoosiers to spend time in nature to increase their mental wellness.

PROJECT  
AWARE

Indiana  
DEPARTMENT OF EDUCATION

DNR  
Indiana Department  
of Natural Resources

Division of Mental  
Health and Addiction