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Tammy's Top Ten Tips for Bringing Nature Inside

1. Place your favorite chair next to a window. (Residents too)
2. Adjust your TV/Computer/Phone so that the screensaver is a nature scene (Residents too)
 - a. <https://www.saversplanet.com/free-nature-screensavers/>
3. Open windows for the breeze and smell of fresh air whenever possible (Residents too)
4. Know your preferred nature fix – are you a Beach Baby, Mountain Climber, Garden Gazer?
 - a. Once you know your most preferred space bring pictures that represent those areas inside your home and workspace. (Residents too)
5. Plants, all kinds of potted plants.
6. Water features – fountains, fishbowls or play the various sounds of water on your preferred device. (Residents too)
7. Bring in natural elements, wood furniture, green walls (Residents too)
8. Smell nature inside, Cypress is one of the best essential oils to diffuse inside. (Residents too)
9. Touch nature inside, by using fabrics that have images of nature and textures. (Residents too)
10. Hear nature with birdsong either real birds or with a birdsong APP. (Residents too)

Rē is the proprietary program used by Biophilia Pharma to help individuals and corporations using nature immersion strategies to Rē-charge and Rē-wild their environments. This is achieved through a combination of consulting, coaching, implementation, and education.

To learn more about the science of why these strategies are important, visit my website @

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