**EAPondering – Nature: Antidote for Alienation**

A message from your Employee Assistance Program

The practice of going “back to Nature” is a common and successful strategy for dealing with everyday stress and strain. A walk in the woods or stroll along the beach is widely known to have the capacity to restore our sanity and perspective on the world. What may be less obvious is the notion that Nature can also restore our sense of feeling connected to everything around us – including other people.

Dr. Kenneth Worthy, Ph.D. makes an interesting point about re-connecting in a blog published in *PsychologyToday.com* writing about “eutierria”, the feeling of being one with Nature and our surroundings.

Follow, or copy and paste the link:

[https://www.psychologytoday.com/blog/the-green-mind/201607/eutierria-becoming-one-nature](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.psychologytoday.com_blog_the-2Dgreen-2Dmind_201607_eutierria-2Dbecoming-2Done-2Dnature&d=CwMCaQ&c=EZxp_D7cDnouwj5YEFHgXuSKoUq2zVQZ_7Fw9yfotck&r=AIMszgUgc_YYsitrMsMaPw&m=gzY6PNYh_sZ-QoFyBjNrdzrGJH3L1UtnjaYnU5PeiN0&s=SWGD4XSQuQ-CK7rVdBHeK-8SMEFw7lRLOwj94UJWfaA&e=)

If you would like to talk about re-connecting with your world, or any other concern, the UConn Health EAP provides confidential, free, professional consultation and brief counseling for faculty, staff, graduate assistants and household family members to help identify and resolve problems or concerns affecting you, your family or your job.

Call today for a private, no-hassle appointment.

860-679-2877 Statewide

800-852-4392 (CT toll-free)