



outdoor

JOURNAL TOUR

WHERE ADVENTURE MEETS MINDFULNESS

2022 #wehiketoheal Hike Lead Info Sessions

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mission

To encourage women all over the world to tap into the healing and empowering influences within ourselves, our communities and the Great Outdoors.

vision

Our vision is to create a sacred space for women to commune with each other and nature. Anxiety, stress, and depression are the leading mental health challenges in today's society. Women and women of color, specifically, are disproportionately at risk for each of these, even more so amidst a global pandemic. This reality coupled with unequal access to outdoor spaces increases the mental health threat. Women across the globe need an outlet and are craving community. Our programs and mindfulness curriculum allow participants to delve deep into their own personal journey while having rich and varied outdoor experiences.

#wehiketoheal (WHTH) 2022 is broken down into 2 parts:

1 CHALLENGE

May 1-31 (virtual)

The #wehiketoheal Challenge is a 4 week virtual campaign that is focused around Outdoor Journal Tour's newly released Nature Meditations deck. Each week throughout the month of May participants will receive mindfulness tools, guided meditations, weekly outdoor challenges and other resources. Participants will also have the opportunities to join **group hikes** all over the country led by **#wehiketoheal community partners!**

Schedule:

May 1: Nature Meditations Challenge

May 8: Walking Thoughts Challenge

May 15: Strengthening Affirmation Challenge

May 22: Messages from Earth Challenge

2 CAMPOUT

May 28-30 (Crawfordville, Ga)

Outdoor Journal Tour presents the #wehiketoheal campout and retreat, an all-inclusive weekend event for women identified folks to come together outdoors for connection to themselves, each other and Mother Nature! This campout will include mindfulness workshops, outdoor education based sessions, various activity/movement based clinics, amazing food/drinks and lots of opportunities for joy and healing on a beautiful 53 acre property approximately 90 miles from Atlanta, GA.

- #wehiketoheal group hikes can take place anytime throughout the month of May
- Each hike should include some type of mindful component - journaling, meditation, walking thought discussion, yoga, etc.
- Each group hike lead will be responsible for managing their own RSVP's - you can setup your registration on Facebook (*make sure it's public*), on Eventbrite, on Meetup, on your website, or any other public online platform that we can link back to
- Once you've setup your registration, please add your group hike to our schedule By April 25th by filling out this [form](#)
- All hikes will be listed on our website, with the registration linked back to your RSVP platform



Need help learning to set up an event? Click on the platforms below...

- FACEBOOK Event Set-Up: **CLICK HERE**
- EVENTBRITE Event Set-Up: **CLICK HERE**
- MEET UP Event Set-Up: **CLICK HERE**

Be sure to include the following on your event RSVP page...

- Specific meeting location, *i.e. visitors center, trailhead, parking lot, etc.*
- Trail distance and difficulty level
- Parking availability/cost
- Restroom availability
- Link to online Liability Waiver
- #wehiketoheal Challenge Registration
- #wehiketoheal merch! We'd love to see you in #wehiketoheal shirt and/or snapping photos with the patch



- There is no requirement for time or distance. This is intended to be a intentional journey - not a race. We recommend keeping the difficulty level fairly easy to moderate so you can focus on connecting with yourselves, each other and Mother Nature
- As a Hike Lead, safety should be your number one priority. Make sure you are familiar with the trail and have emergency contact information for local park rangers and/or local authorities
- While it's not required that you be First/Aid CPR certified, it is preferred. The American Red Cross offers Online Courses [here](#)
- As the Hike Lead you should plan to carry a First Aid kit on your hike in case of emergencies as well as the other [10 essentials](#)
- All hikes will be listed on our website, with the registration linked back to your RSVP platform



- #wehiketoheal Group Hikes are intended to be "Healing Hikes" for your community. You know them best - pick a location and time that is best for you, there are time or distance requirements here, other than to have a good time and to incorporate some mindfulness
- What is a Healing Hike?? A Healing Hike is one where we intentionally take time to slow down- and not just to connect inward but also outward with the land and our community - this can look different for each group
- Once your hike is scheduled, we will share walking thought cards that you can use as a conversation starter or journal prompt - use it as you see fit, again the idea is intentionality, what does that look like for you?



HEALING HIKE BASICS

This process is ODJT's recommendation, but not required. Please feel free to incorporate mindfulness in your own way.

1 HIKE

Use "Walking Thought" cards to help center the conversation as you hike to your destination.

Read the front side of the card (titled Walking Thought) and encourage participants to pair up with someone new.

Encourage them to talk about the topic on the card. Once at the summit, or your final destination, spend a few moments talking about the Walking Thought.

2 JOURNAL

Upon reaching the the summit/destination, allow participants to settle into a comfortable position. Then lead them in a mindfulness or journaling activity. You can use a prompt from The Journal of Mindful Movement, the backside of the Walking Thought card, or another activity of your choosing. Spend 10-30 minutes here if the environment is comfortable.

3 MEDITATE

Conclude your experience with a either a formal mediation or a quiet moment of reflection. You can get guided meditations online, or read one from the Journal of Mindful Movement. You can also just ask participants to stand quietly (back to back with a partner) in quiet reflection.

FACILITATOR BASICS

Engaging in the work of exploring one's own values, attitudes and emotions can often be challenging. Below are a few guiding principles to make the journey easier and more productive.

1

CONFIDENTIALITY

Throughout the day others might feel inclined to share insights, stories, or memories with you or the entire group. It is important to remember that anything that is said or discussed during the experience should remain confidential, unless someone specifies otherwise. Retaining this confidentiality will foster a safe and trusting space for all participants to delve deeply into the content and practice.

2

TRUST + OPENESS

Allow everyone to speak their mind and to disagree. People may challenge each other. This diversity is an important part of the self-discovery that is critical to the process. Remember to remain open and allow differences to be heard and valued

3

SPEAK FROM "I"

We often speak in a way that states our opinions or perspectives as facts. There is a difference between saying "Eggs are disgusting" and "I think eggs are disgusting." The latter states one's opinion but respects and allows room for other views. Speaking from "I" actually gives more value to your statements. It helps cultivate a sense of confidence and empowerment.

4

DON'T GIVE ADVICE

Even though it might seem tempting, refrain from giving personal advice. You can suggest ways that you or someone else might approach the situation, but allow others to come up with their own ideas and solutions for their issues. Often, people simply want someone to listen. Rather than giving personal advice, try to actively listen by not interrupting or redirecting the conversation.



1. Schedule your WHTH Group hike by completing this form: <https://tinyurl.com/WHTHGroupHike> no later than **April 25th**
2. Share your group hike with your community on social media, blogs, etc. and encourage them to join the #wehiketoheal Challenge (and we will do the same)
(Additional Graphics and Copy can be found in our WHTH TOOLKIT)
3. Enjoy your hike, take lots of photos and tag us on Social Media [@outdoorjournaltour](#)



Thank you for your time!

We're excited to have you on our team!

In gratitude,

Kenya + Michelle
Outdoor Journal Tour Founders

