



outdoor
JOURNAL TOUR

presents

We Hike to Heal, Inc

A 501c3 Non-profit organization

Hike Lead Info Session

We Hike to Heal Challenge

May 2023

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Community Partners x We Hike to Heal, Inc

Our motivation for creating this non-profit was to provide an alternative pathway to healing for women. Through guided outdoor activities, we offer our participants a unique and powerful way to experience respite, connection, and community.

Each May, individuals and organizations around the world have the opportunity to join the We Hike to Heal Challenge and lead #wehiketoheal group hikes in their local areas. Our goal is to get as many people as possible, hiking and healing and loudly living out the We Hike to Heal Challenge mission of encouraging women all over the world to tap into the healing and empowering influences within ourselves, our communities and the Great Outdoors!



mission

To build an inclusive community that normalizes self care, creates a sacred space for healing and adventure, and prioritizes the mental and emotional wellbeing of all women.



vision

For women all over the world to be healthy, confident and thriving.
Because when women thrive, our world thrives.

#wehiketoheal (WH2H) 2023 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 the 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 you, our **#wehiketoheal community partners!**

2 CAMPOUT

May 27-29 (Conyers, Ga)

The #wehiketoheal campout and retreat is an all-inclusive weekend event for women identified folks to come together outdoors for connection to themselves, each other and Mother Nature! This retreat weekend 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 70+ acre lakeside property approximately 40 miles from Atlanta, GA.

- All individuals and organizations that support the We Hike to Heal mission may apply to lead a #WeHiketoHeal Group Hike in their local area
- #wehiketoheal group hikes can take place anytime throughout the month of May. You may lead as many hikes as you'd like
- 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 - registrations can set up 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 your application has been approved, you will receive an invitation to schedule your hike
- All hikes will be listed on the ODJT and WH2H website, with the registration linked back to your RSVP platform



- 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



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**

Tips on what to include 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
- [#wehiketoheal Challenge Registration](#)
- [#wehiketoheal merch!](#) We'd love to see you in [#wehiketoheal](#) shirt and/or snapping photos with the patch



- #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 no time or distance or other 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 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 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. Complete the hike lead application by April 3rd
2. Once your application is approved schedule your group hike and be sure to complete the form to add your hike to our calendar as well
3. Share your group hike with your community on social media, blogs, etc. and encourage them to join the #wehiketoheal Challenge
(Additional Graphics and Copy can be found in our WH2H TOOLKIT)
4. Enjoy your hike, take lots of photos and tag us on Social Media @wehiketoheal and @outdoorjournaltour
5. For questions email us at hello@wehiketoheal.org



Thank you for your time!

with gratitude,

The We Hike to Heal, Inc Team

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