



Forest Bathing Field Notes: Why Adversity is Fun

Every challenge is an invitation to explore what you're made of — body, mind, and spirit. These Field Notes are for the moments when life's waves feel a little wild and you're ready to turn adversity into adventure. Pour a cup of something warm, head outside, and write with the sound of the wind or water nearby.

Pockets of Nature Practice: Why Adversity is Fun

A few tiny trail-built moments you can slip into your day—quick ways to step outside, breathe deeper, and let your inner guesthouse air out with a little wild awareness.

- Find a body of water — a river, a tide, even a puddle. Watch how it moves without resistance.
- Take three slow breaths and imagine your own challenges flowing in and out like tides.
- As you exhale, whisper your favorite phrase from the post: *"This is the play."*
- Feel your feet grounded, your pulse syncing with the rhythm of the earth.
- Walk away smiling, salt air or fresh wind reminding you — you're already in motion, already in the game.

What recent challenge made you stronger or more self-aware?

What are a few things I am grateful for?



When have you felt yourself “surfing” through difficulty instead of resisting it?

What does having fun with adversity look like in your everyday life?

Which natural element (waves, wind, mountains, roots) mirrors how you handle challenge?

How might you meet your next obstacle with curiosity instead of control?

“The resistance to the disturbance is the disturbance.”— Ram Dass

Pairs with: “Why Adversity is Fun” post — [Spunky Mind](#)

“Simply Breathe; Nature and Yoga will do the rest.”

Cheers! Kether, Spunky Mind