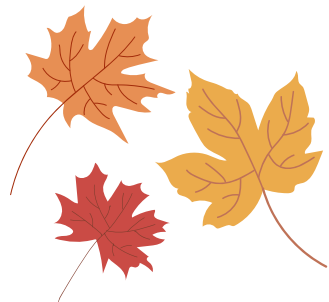


November 2025



NEWSLETTER

Donna Poma Fife

Author: Everything is Temporary

Nature THERAPY



SHINRIN-YOKU AUTUMN

Maintain Safe Practice!

- **Forest bathing:** Slowly walk thru a forest. Observe the changing autumn leaves!
- **Tree Hugging:** Gently hugging a tree can provide a sense of comfort and connection!
- **Take a walk:** Go for a walk in a local park or nearby forest.

Benefits of Nature/Forest therapy:

- Reduces stress & anxiety
- Lowers Blood Pressure
- Improves mood
- Boosts immune function
- Increases mindfulness



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The Daydreamer's Desk



Daydreaming Wanderer Update:

I'm steadily working on my next book, *Daydreaming Wanderer*. Sylvia Rose is going on some amazing international adventures as she daydreams her way around the world!



WANDERER'S WILDLIFE

WATCH

Deer in Colorado Springs!
Hello, Friend!



Biddle Boop



LB making a squishy face



TAKE A *Hike*

I loved my morning walks in the Garden of the Gods! The beauty of the red rock formations provided an amazing contrast to the lovely trees.

