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NEWSLETTER

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Author: Everything is Temporary

Nature THERAPY

SHINRIN-YOKU WINTER



Benefits of Nature/Forest Therapy:

Reduction in Rumination!

Rumination is the tendency to repeatedly and passively focus on the symptoms of distress & the possible causes and consequences of these symptoms rather than focusing on solutions.

- **Overthinking:** Getting stuck in a loop of negative or distressing thoughts
- **Passive Focus:** Dwelling on problems without actively trying to solve them
- **Past/Present Centric:** The thoughts are often about past regrets or current failings.

Maintain Safe Practice!

Winter Forest Bathing:

Take a slow, mindful walk thru a snowy wooded area. Fully absorb your surroundings.

Examine snowflakes:

Catch a few snowflakes and examine their unique structures

Build a snowperson!



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The Daydreamer's Desk



Daydreaming Wanderer update:

Sylvia Rose is daydreaming of living life as a fashionista in Paris, France!



Biddle Boop



LB seeing snow for the first time! Bluewater Lake State Park

WANDERER'S WILDLIFE

WATCH

TAKE A Hike

San Juan Sled Dogs.

They may not be 'wildlife', but they sure are awesome!

Hiking in South Fork, Colorado. Near Wolf Creek Pass. We hiked and watched people ski from afar!

