



*Intrepid
Landcare*

Wild Wellbeing



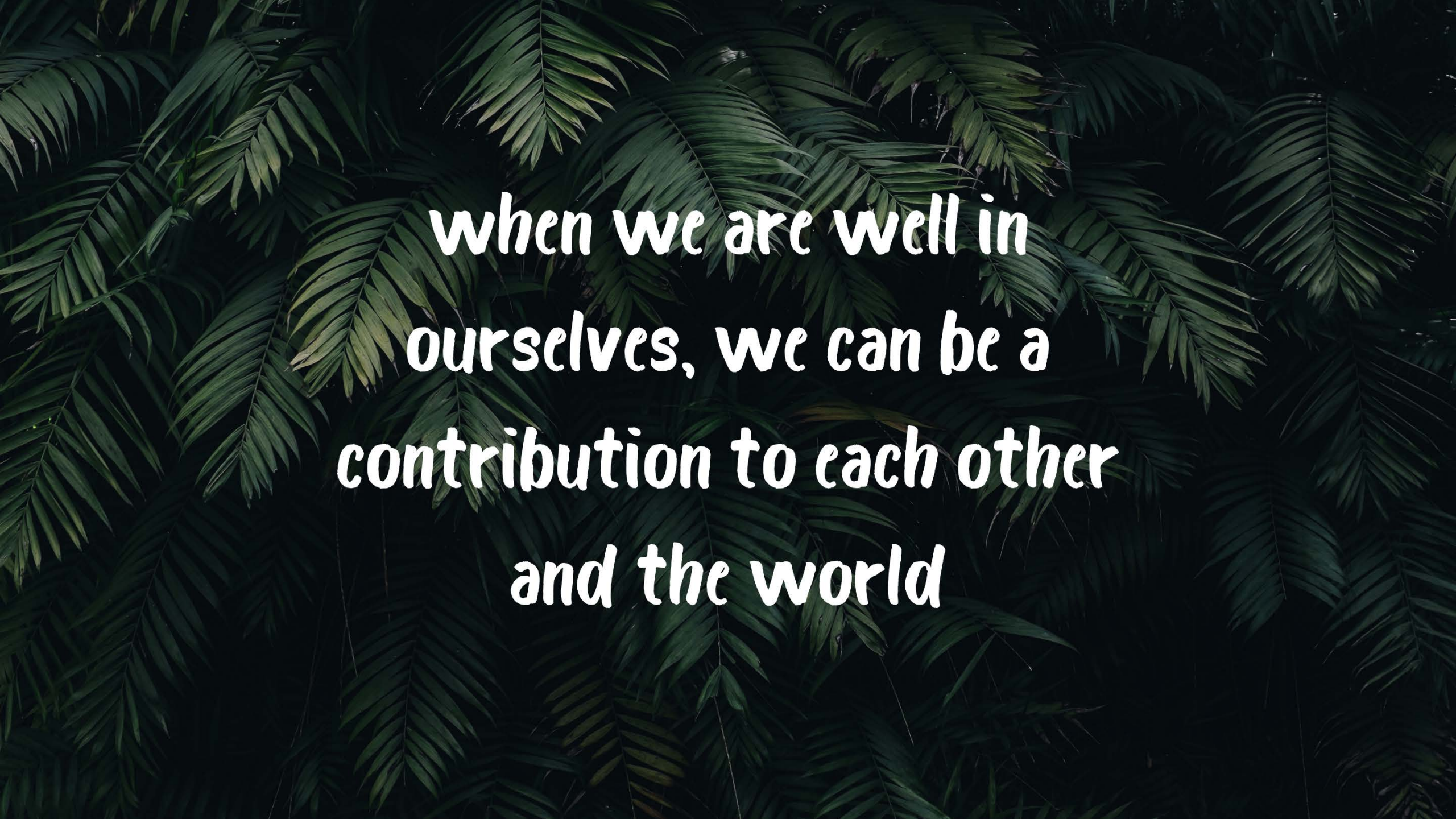
PERSONAL AND COMMUNITY RESILIENCE
IN A DISRUPTED WORLD

Megan Lee & Jayden Gunn





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when we are well in
ourselves, we can be a
contribution to each other
and the world

Some Intrepid hacks...

self compassion
take time out to rest
listening less to self-doubt
time in nature
walking meditations
self-kindness
taking time to reflect

asking myself 'what do I need right now to be well?'
asking myself 'what do I need to do to stay in action around what I want to stand for?'
talk to my trusted community for support, people who listen

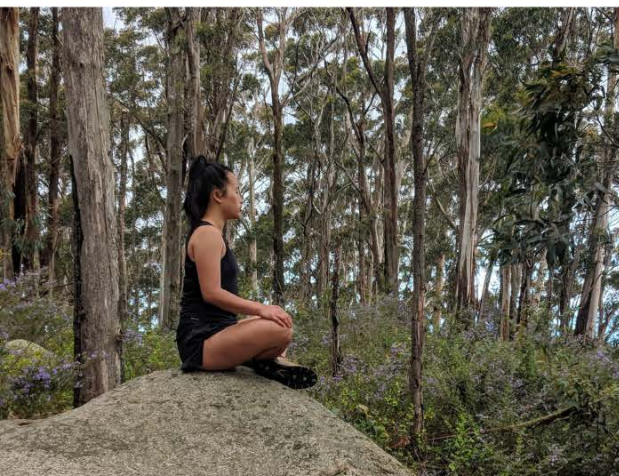
honouring passions & values
actioning self-awareness
having time for hobbies
get rid of distractions that take me out of an experience
e.g. phones
appreciating what I have
appreciating the opportunities I have
practicing gratitude
calling out my over-thinking

be authentic
don't worry about what others think
take notice of my thoughts and judge less
connect with others, I don't need to be alone or lead alone

have time for grounding activities such as:
yoga, spending time in nature, connecting with animals, arts & music, creative outlets, craft, volunteering, smiling, journalling that records positive feedback I receive, journalling that 'takes out the trash' in my mind (getting it all out), hiking, gym & physical activities, moving to new spaces

A lush, dense forest scene with a thick layer of ferns in the foreground and tall, slender trees in the background. The atmosphere is misty and serene, with soft light filtering through the canopy. The text is centered in the middle of the image.

nature has the power to heal



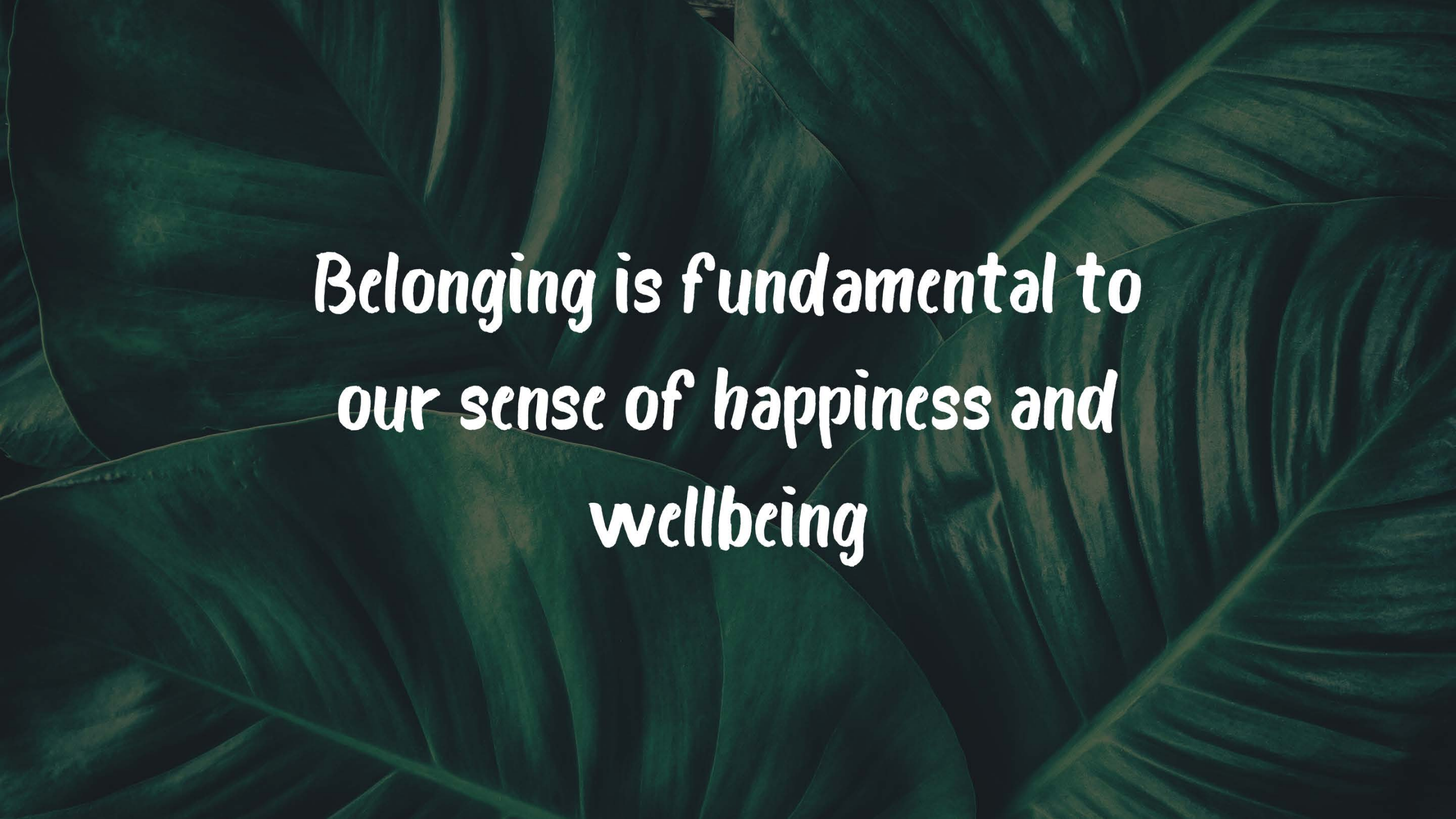


quality social connections are
vital for our health &
wellbeing




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A close-up photograph of large, dark green tropical leaves, possibly Monstera, with prominent veins. The leaves are layered, creating a sense of depth and texture. The lighting is soft, highlighting the natural patterns of the foliage.

*Belonging is fundamental to
our sense of happiness and
wellbeing*



A dense, close-up photograph of various green ferns, creating a textured, layered background. The lighting is soft, highlighting the intricate patterns of the fronds. Overlaid on this background is a white, handwritten-style text that reads:

Doing stuff that matters
brings a sense of meaning
and purpose to our lives

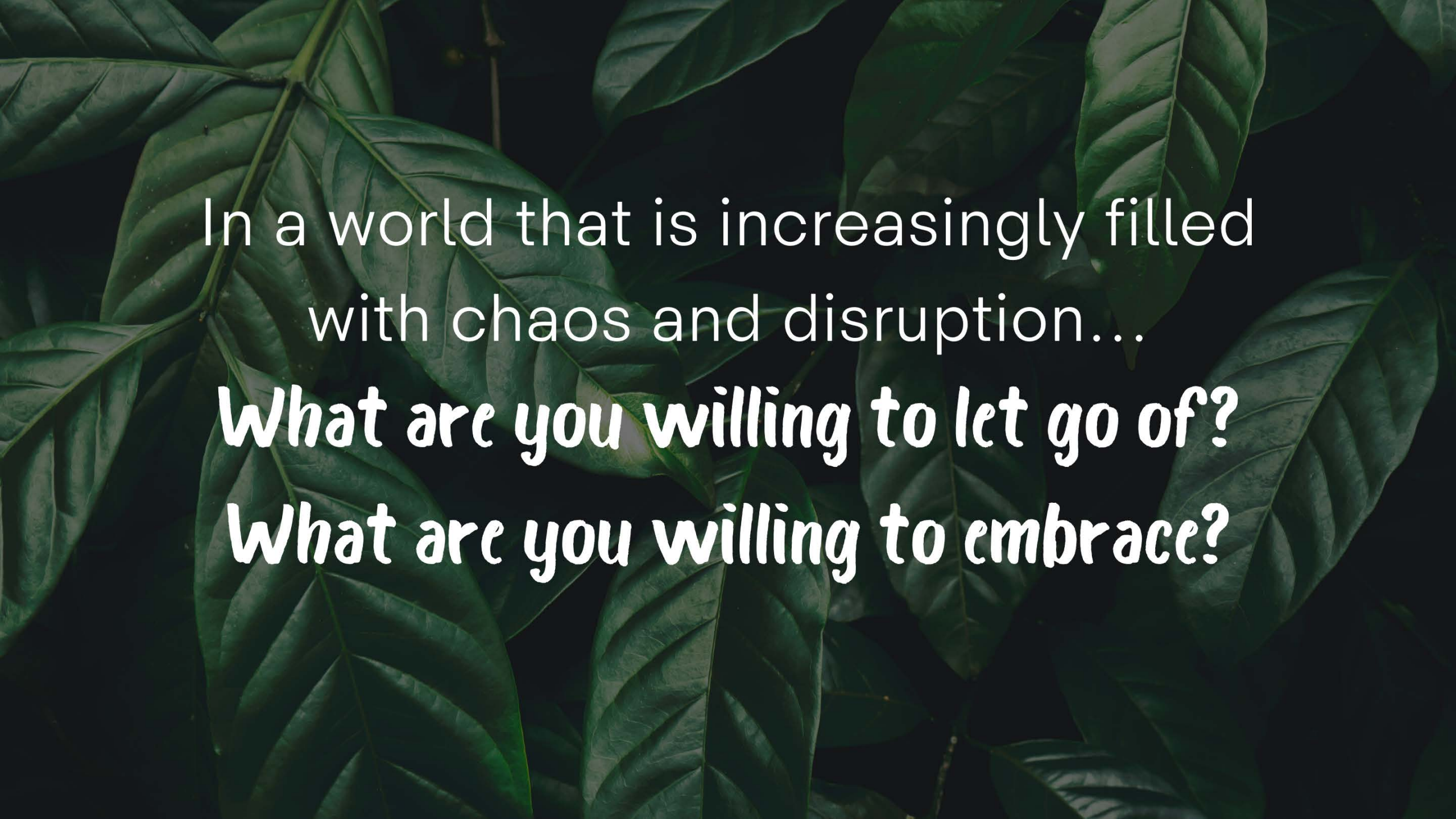












In a world that is increasingly filled
with chaos and disruption...

What are you willing to let go of?

What are you willing to embrace?

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