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I went into my adventure with a mindset of living in the moment. I tried to forget about how stressful school and college apps were, and I just lived in the world of nature. The serenity of the place really helped calm me down and destress. It really made me appreciate how much leaving your work and living in the moment can have on your mental, as it helped lift my spirits and give me time to be away from work and stress.

I was definitely able to stick to my plan. Everything went smoothly, except that sometimes the path got a little narrow and I got pretty close to people, but besides that, everything went amazingly and just as planned!

This experience illustrated to me the vast effects our Earth can have on us. Not only as a supportive resource and place to live, but also as a place to rest and find comfort and serenity. I felt like I really strengthened my relationship with nature through these adventures that I go on in the various forest preserves in my area, and it taught me to appreciate their role in our community that we reside in. Just like in any other great relationship with humans, I would want to protect and respect these areas of dense, quaint nature.



This was a photo I took while biking, and the scenery of the long trail, the various colors of leaves falling from trees and scattered across the floor, the squirrels running about the underbrush, the birds chirping in the trees, the hum of insects, and the smell of greenery really made this fall bike ride.



In this photo of the forest with a stream behind it, with no trail, I observed the cluster of humus and leaves on the ground, the tall skinny trees looming in the foreground, the coloring of the leaves and trees, and the stream in the background.



This was a photo I took of the pond next to the trail, and I can see the beautiful blue water, the birds sitting on the water, the insects buzzing around the organic matter, the different plants that I can see that are not trees, like cattails and marsh plants. There are so many different plants and animals, even within the same area, it is truly amazing.

## INSTAGRAM POST:

