

# **JOURNALING - YOU'LL BE SO GLAD YOU STARTED ONE**

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## **What is a Nature Journal?**

Keeping a journal to document the world around us is a centuries old tradition. It's a way to jot observations, feelings, and thoughts about our relationship to the natural world. It can be a simple notebook, sketch pad, fancy leather-bound journal, or anything with pages.

The purpose of journaling is unique to the individual doing it. For some, it's a way to set aside time to connect to the natural world, reflect, and meditate. Research has even shown mental health benefits from journaling and walking in nature.

Making observations on the growth of plants, bird and insect sightings, and weather patterns can provide you with an invaluable resource for your own gardens. Your ability to notice small changes and patterns with a greater awareness will improve when journaling becomes part of your routine.

Observations can be made in different ways. Sometimes you may want to simply write, other times sketch, color with pencils, or even watercolor.

Just keep in mind that nature serves as the inspiration in this journal. Have an open mind when you first begin, and allow yourself to discover what draws your attention; it may not be what you expect!

Sketching allows you to look closely and make note of any small details you want to remember for later.

Write down thoughts that come to you, or feelings that your observations bring up. Collecting basic data about the date, time, season, and weather is valuable in long-term journaling. Adding color brings your page to life.

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