



Restorative Outdoor Opportunities for Thriving (ROOT) Study

Interested in learning how outdoor exposure and nature connection can improve postpartum sleep and reduce stress and anxiety?



<https://redcap.link/ROOT>

- **Inclusion Criteria:** To participate, you must be at least 18 years of age, and have given birth within the past 6-weeks. You must also live within 60-miles of Denver and be able to attend 6 group-based sessions (5 Zoom, 1 in-person).
- **Participation:** If you meet all study criteria, you will be randomly selected to participate in the 6-week ROOT intervention. **Compensation up to \$100 is provided.**



ROOT SESSIONS OVERVIEW

1

Introduction and Intentions
ROOT Overview. Connection, Intention Setting

2

The Sixth Sense of Early Motherhood
Interoception, Postpartum Mood and Infant Feeding

3

Transformation and Healing
Postpartum Physiology and Recovery

4

Natural Rhythms
Sleep Health and Circadian Rhythms

5

Resilient Coping and Rest
Nature-based Coping Strategies

6

Nature Connection and Well-being
Maternal and Child Well-being

Questions?

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