



## *Stress Relief by Nature* — A workshop to help comfort your mind, soothe your soul and calm chaos.

Staffing issues, budgeting, and customer and administrative demands are a part of every day life, contributing to a significant amount of stress. On the other hand, both rural and urban areas have green spaces that can help us relax, reduce stress and renew our energy every day. Connecting to the natural beauty, regardless of where we live and work helps us enhance our physical and mental well-being, contributing to increased productivity, creativity and success.

### **The workshop will help you:**

- ◆ Reduce Stress
- ◆ Settle your nerves
- ◆ Increase your energy and productivity
- ◆ Experience Tranquility

**Nature Nurtures** — During this workshop I will guide you to discover nature's powerful calming source. You will walk away, embracing the simple pleasures of nature and experiencing how they can help slow the pace, settle nerves, soothe worries, and stimulate energy. Studies show that exposure to nature not only makes you feel better emotionally, but it also contributes to your physical well-being, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. Nature is free and easy stress relief.

**Find Comfort** — This workshop will help you find comfort by connecting with nature, even if you prefer not to venture too far into the woods, fields, streams, ponds and rivers. This is a low impact workshop is highly accessible to people with a wide range of fitness abilities and conditions.

**Options** — Depending on your location and logistics, the program can be facilitated:

- ◆ Inside — Out: This workshop can be facilitated outside.
- ◆ Outside — In: Or, it can be facilitated inside.
- ◆ This program is also offered as a public retreat. Contact Lee for a schedule of upcoming retreats.

**Investment:** Available upon request

  
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## My experience with nature

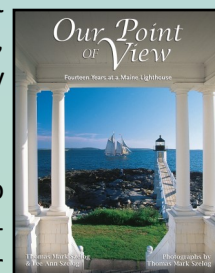
**Nature's peace calms chaos** — comforting the mind, soothing the soul, and bolstering the body. Thirty years ago, I would have dismissed such thoughts as I raced through each day on life's treadmill, striving to get ahead. Reflecting, I ask myself, "get ahead of what?" Fortunately I met a man, Tom, my husband of 30 years, who opened my eyes to the natural world; Mother Nature opened my heart, which was a motivating force for me to change my thoughts and my life. I now yearn to spend tranquil, thoughtful moments with nature. Even if the chaos of my life only affords me a few moments with nature's solace each day, those are moments I savor to provide sustenance to embrace and persevere challenges.



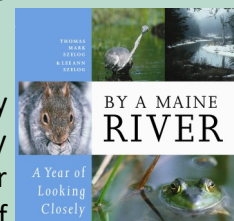
**Society provides an extraordinary amount of competition** — which drives us beyond our boundaries, contributing to stress, anxiety, and fatigue, to name a few. Once we enter the race to get ahead and are swept into the electronic world that consumes our every thought and drives us to habitually survive each day on auto-pilot, our perspective of what's most important and the power to think for ourselves is lost. The ability to escape the madness sometimes becomes nearly impossible.

**Nature speaks without words** — To hear its voice we must listen, look, and ponder. When we become more connected to the natural world, we become more connected to ourselves and each other. Nature surrounds us, even in our metropolitan areas. By learning to take a few minutes every day to disconnect by connecting with nature you will contemplate nature's power to stimulate your brain in a gentle manner that places our petty human fallibilities into perspective.

**My story** — When Tom and I met in 1987 our mutual interest in lighthouses connected us. When we wed in 1989 we began our life together living in our dream home, a lighthouse on the Maine coast, which is documented in our multi-award-winning book, *Our Point of View-Fourteen Years at a Maine Lighthouse*, featuring Marshall Point Lighthouse in Port Clyde. Moving to our second dream home in 2002, a log cabin in the Maine woods, we created the book, *By a Maine River – A Year of Looking Closely*, which explores the natural beauty found in our own backyard.



As a professional speaker, photographer, award-winning author, I am grateful for the opportunity to help others maximize the power they have within. I work with audiences locally, regionally, and nationally and from many industries. The commonality with all my audiences, regardless of age, industry or experience is that people are people wherever I go, all searching for tips and tools to live more purposefully, control stress, and achieve the success they aspire to, personally and professionally.



At the age of seven I had my first serendipity, although I didn't realize it at the time. I was extremely shy and decided to overcome my fear of communicating. Since then I have challenged myself every day to speak up, write and conduct presentations to overcome my fears. My persistence paid off. After enjoying a successful 28-year career as a marketing and training executive, I have been President of my Company, Simply Put, LLC, for the last 11 years, specializing in presentations to help people nurture growth from within and maximize their happiness and capacity, personally and professionally.

**It would be my honor to help you live life rather than react to it.**

*Lee Ann Szelog*

Lee has been featured in the following media:

**Country Living Magazine**, New York, NY  
**WCVB –TV Chronicles**, Boston, MA

**CBS Sunday Morning News**, New York, NY  
**New England Cable News Network**, Boston, MA  
**WCSH, WLBZ, WABI, WVII, WGME –TV**, Maine