



# THE BOG



# APOTHECARY

## BEING(S) IN THE BOG

Spending time in nature in woodlands, bogs and fields improves our health and contributes to feelings of wellbeing. Walking in nature has been shown to reduce stress, fatigue, anxiety and depression, boosts our immune systems and can improve concentration. Many people recall childhoods spent on the bog, cutting turf, playing in the fresh air, and the great appetite a day on the bog would give you. Although not many people cut turf anymore, we can still spend time in the bog and get to know the plants, animals and other creatures that live there. If ever you feel you need a boost, these 'Bog Prescriptions' will hopefully give you some ideas to slow down and spend time in nature.



Rx

1 x bog walk  
3 times a week

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# BOG PRESCRIPTIONS



Go wandering, to the bog, or a woodland or your favourite local place. Have no aim, get lost, ramble. Do nothing or notice everything. Get lost in time.

Get up before dawn some damp autumn day and visit the bog to see the shimmering of spider's webs covered in dew, opening up a world normally invisible to human eyes.



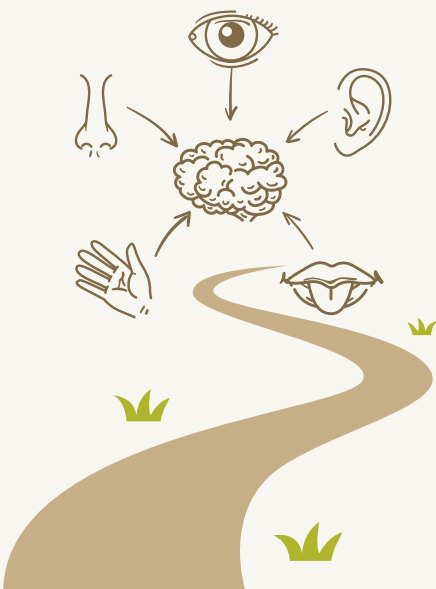
Create a new bog ritual related to your senses. Listen to the wind, or the silence, sniff out the smells of the bog, touch a plant or a tree, bend to touch the soil, taste a cranberry, be still.

Bogs shrink and expand due to changes in water levels, a phenomenon known as bog breathing. Next time you visit a bog, feel the peat soil beneath your feet. Imagine you are breathing in time with the bog. Slowly.



Next time you visit a bog, feel the peat soil beneath your feet. Is it wet or dry, is the peat bare or has it plants growing on it? Bare peat is a source of carbon. How can we ensure the peat soil keeps its covering of life-giving plants?

Can you find the quietest place at your local bog or nature walk. Can you find a place where you can become invisible? Watch what happens when you recede.





Imagine what it feels like to be a bog. To be part soil, part water, part plants. To embody time in your being, to be a repository of history and memory and imagination. That is you too.



Lie down on the ground in the bog or in the place you go to connect to nature. What does the world look like from this vantage point? What would an insect see? What would a fox see? What would a bird see?

Think about a favourite bog walk you go on. Draw a map of this walk, record any special places, feelings, or memories remembering that the map is not the territory.



Go to a bog or a woodland or any natural place. Do nothing. Have a rest. Walk. Zoom in to the detail of tree bark, soil, insects, leaves, lichens.

Zoom in to the micro world of the bog. What can you see when you look closely? Record your thoughts in a drawing, writing or audio.



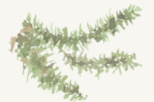
Remember a time when you were a child and you had a special experience in nature. What is it like to remember this time? Record your memories in a journal or drawing.

“Had I the chance to wander back, Or own a king’s abode. I’d sooner see the hawthorn tree, By the Old Bog Road.” Teresa Brayton. What do you know about your nearest old bog road?



“The wildest beasts that range the moor our kinsmen are, All life is one, and all is change” Oscar Wilde. Who are your kin when you visit the bog?

“I loved the dark drop, the trapped sky, the smells, Of waterweed, fungus and dank moss” Seamus Heaney. What smells and sights do you love about the bog?



“Therefore let the moon shine on thee in thy solitary walk...” William Wordsworth. When did you last go on a moonlit walk? When will you next go on a moonlit walk?



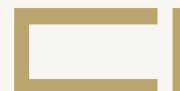
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Creative Communities



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