

guided mindfulness

tuning into nature



“mindfulness *‘mind-ful-nes’* – a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique.”

When you’re outdoors, use this guide to walk you through some easy steps to practice mindfulness:

1. Body Check

Are you moving or staying still? How does your body feel – stiff or relaxed? Take a moment to reflect on your posture and gently move into a more comfortable position.

2. Surrounding Scan

Are you somewhere quiet, or noisy? Is it a small space, or large? How green is the grass? How tall are the trees, if any? Can you feel a breeze in the air brush against your skin? Notice the things around you but don’t dwell on them.

3. Tune In

What can you hear (or not hear)? Are there any sounds that come and go? Notice the sounds that are present, but let them enter and exit your ears freely.

4. Breathe

Take a deep breath. Inhale through the nose, exhale through the mouth. Are there any familiar scents? Do the ground or air carry any scents near you?

5. Feel It

Notice how the ground feels under your feet, the weather on your skin, or any other physical sensations. Let your mind let go of these thoughts once you notice them.