

A MINDFULNESS MOMENT IN NATURE

With so much happening in our lives right now, taking a moment to be in nature has become more important than ever. Use this simple guide to re-connect and awaken your senses, and to move away from doing (trying to plan, trying to fix), and move towards being (being in the moment).

MOMENT 1: Find a place outside. This could be your balcony, your doorstep, your deck, your garden, or some place special in nature (let somebody know before you go). You are encouraged to bring a snack and a drink.

MOMENT 2: Remove any distractions. Turn off your phone and put it away. Notice what's around you.

MOMENT 3: It's okay if your mind wanders and gets playful. It's perfectly fine if you daydream and remember good memories. It's okay to embrace our inner wild and open our senses. Maybe as you open your senses, you notice more. Here are some tools to help:

Listen. Close your eyes. Listen for sounds as far away as you can. Observe and describe the sound (e.g., is it loud? pleasant? sharp or soft?) Slowly, bring your hearing closer to you, taking moments to pause and reflect.

See. Focus on something that appeals to you in the space around you, or maybe something that caught your eye. As you focus in with your eyes make some observations. What is its size? What are its colours? Is there texture? What makes it appealing to you? Spend some time really observing and describing to yourself everything you can about the object of your focus.

Taste. When you eat a meal or snack, focus in on the taste. With each bite what do you notice? Can you pick out different flavors?

Touch. Find 3 small pieces from nature (could be a rock, leaf, stick, etc.). Pick up the first object. If you feel comfortable close your eyes. What does it feel like? Use your sense of touch to observe and describe the object.

Smell. Use your nose and sniff out smells that attract you. What characteristics do they have? Do they remind you of anything in your life?

MOMENT 4: Bring your self back slowly and take a moment to reflect on what you noticed and recognize how you are feeling.

If this guide has been helpful, please use it any time you need. Feel free to adapt it to your needs.

To connect with nature, is to connect with yourself.

