



# OCEANSIDE MINDFULNESS PRACTICES

Being near the ocean can provide a place for fun, relaxation, and exploration. Take some time to venture to the beach and feed your mind and soul.

Whether you take 5 minutes or an hour, it is important to embrace the beauty and healing powers of the environment. Check in with yourself as you take part in this practice. Notice how your mood changes, feel your muscles relax, and embrace a deeper connection with your surroundings.

Be gentle with yourself; if your mind starts to wander, that's okay! Bring yourself back to center and focus on your practice. Enjoy!

<p><b>Take 60 seconds to stop and listen</b></p> <p>Try closing your eyes to focus. Listen to the waves crashing on the shore.</p> 	<p><b>What's your impact?</b></p> <p>Look back at your footprints. Did you see any trash while walking? Reflect on how you and society affect marine life.</p> 
<p><b>Focus on how each step feels as you walk</b></p> <p>Notice the differences when walking closer to the water or the dunes. Walk barefoot to feel the sand between your toes.</p> 	<p><b>Observe the sun</b></p> <p>How do the sunrays reflect off the water? Visit the beach at dawn to witness a less obstructed sunrise.</p> 
<p><b>Breathe</b></p> <p>Take a few deep breaths in through your nose and out through your mouth. Try closing your eyes too.</p> 	<p><b>Focus on the sand</b></p> <p>Notice the different shells, rocks, washed up items, and feathers.</p> 
<p><b>Relationship to water</b></p> <p>As you breathe in, phytoplankton provide oxygen to you. As you breathe out, you provide carbon dioxide to phytoplankton.</p> 	<p><b>Take 60 seconds to stop and clear your mind</b></p> <p>What did you notice? How do you feel?</p> 
<p><b>Reflect on how you feel after using these practices</b></p> 	<p><b>Take 5 minutes to use these practices together</b></p> 

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