












# Mindfulness Practices

Whether you take 5 minutes or an hour, it is important to embrace the beauty and healing powers of the environment. Complete these mindfulness practices in nature, this could be your backyard, a local conservation area, or a nearby park.

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> Try closing your eyes to focus.</p>		<p><b>How many smells can you differentiate?</b></p>	
<p><b>Focus on how each step feels as you walk</b> Notice changes in terrain or soil composition.</p>		<p><b>Look for signs of life</b> Do you see any new growth, tracks, scat, bird calls, etc.?</p>	
<p><b>Breathe</b> Take a few deep breaths in through your nose and out through your mouth. Try closing your eyes too.</p>		<p><b>Focus on three levels of eyesight</b> Look at the ground, eye level, and above.</p>	
<p><b>Relationship to trees</b> As you breathe in, trees provide oxygen to you. As you breathe out, you provide carbon dioxide to trees.</p>		<p><b>Take 60 seconds to stop and clear your mind</b> 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>	