



# RAINY DAY MINDFULNESS PRACTICES

Sometimes, bad weather can be nature’s way of discouraging us from connecting to the outdoors. Don’t be discouraged! If the rain doesn’t bother you, take your mindfulness practice outside. If it’s better to stay inside, you can still connect to nature. Find a comfortable spot near a window and observe the environment beyond.

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. Can you hear the rain on the roof? The wind rustling the leaves?</p>	<p><b>Relationship to water</b></p> <p>Reflect on the importance of rain. It provides nourishment for plants and animals, replenishes groundwater, and fills lakes and streams.</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>Take 60 seconds to stop and clear your mind</b></p> <p>What did you notice? How do you feel?</p>
<p><b>Get moving</b></p> <p>Take a quick walk around your house or stretch for 5 minutes.</p>	<p><b>Look up at the sky</b></p> <p>Notice the clouds swirling above.</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>