

Week One: Awareness

Strolls at Home | From Our Backyard to Yours



Every day we engage in a miracle which we don't often acknowledge — blue sky, white clouds and green leaves. All is a miracle." *Thich Nhat Hanh*

CONNECT WITH THE HEALING POWER OF NATURE

During these unusual times, self-care through exercise, mindfulness and connecting with nature is especially important. This is a simple mindfulness practice that you can do during a walk in your neighborhood, your yard, or even simply looking out a window at a favorite tree.

During your practice, pause occasionally and take a moment to find a comfortable place to sit or stand. Take a few deep breaths and allow yourself to reflect upon this week's theme of awareness and the prompts below.

WHILE ON YOUR STROLL

Remember that awareness comes through your physical senses (touch, taste, smell, sight, hearing), internal senses (what's happening within your body), intuitive senses and emotional senses.

1

WHAT COLORS

can you see around you?
What sounds do you hear?

2

WHAT CAN YOU SMELL

breathing through your nose? If you breathe through your mouth, what do you taste?

3

WHAT ARE YOU AWARE OF IN THIS MOMENT?

You might journal or sketch as a way of reflecting.

This activity is based on the Strolls for Well-Being — a free community program offered by Bloedel Reserve to promote overall well-being through connection with nature. For more information, visit bloedelreserve.org.

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