

Week Four: Transition

Strolls at Home | From Our Backyard to Yours



“Hope is definitely not the same as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.” - *Vaclav Havel*

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 transition. You might journal or sketch if you like.

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

SEE

if you notice any changes in the plant and animal life around you as take your seat or stroll.

2

ARE THERE

new flowers? New or different birdsongs?
Is the wind coming from a new direction?
Is the light changing?

3

IS THERE

a word or image, song or color that symbolizes what is happening in this moment for you?

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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