

Week Ten: Reflection

Strolls at Home | From Our Backyard to Yours



"It's on the strength of observation and reflection that one finds a way." - Claude Monet

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 reflection. 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

WHEN YOU GAZE

at still water,
what do you see?
If you move the water,
what happens?

2

WHEN YOU SIT

beside a body of water,
what do you feel?
It can be as small as a
bird bath, or as large as
Puget Sound.

3

HOW

might you express your
reflections?

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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