

Week Eleven: Gratitude

Strolls at Home | From Our Backyard to Yours



“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity.... Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” - Melody Beattie

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 gratitude. 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

DO YOU NOTICE

any small objects on the ground or nearby that you are drawn to, that you might make something with? Ask if they want to play with you for a while, and give thanks if they agree.

2

ARRANGE

your objects in a pattern that is pleasing to you, taking all the time you like to enjoy their textures, colors and shapes.

3

DEDICATE

what you've made to something meaningful to you right now. Let it be a gift. Perhaps you want to photograph your creation; perhaps you will allow Nature to dismantle it in her own time.

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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