

Week Eight: Freedom

Strolls at Home | From Our Backyard to Yours



“Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.”
Viktor Frankl, Neurologist & Psychiatrist

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 freedom. 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

LOOKING UP

can you see clouds?
What are they doing?

2

CAN YOU FEEL

a breeze? How does it
feel on your bare skin?
Can you feel it through
your clothes?

3

WHAT

freedom are you
experiencing today?

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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