Week One: Awareness
Strolls at Home | From Our Backyard to Yours

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.

Bloedel Reserve is a 501(c)(3) nonprofit organization, maintained and nurtured through generous community support.