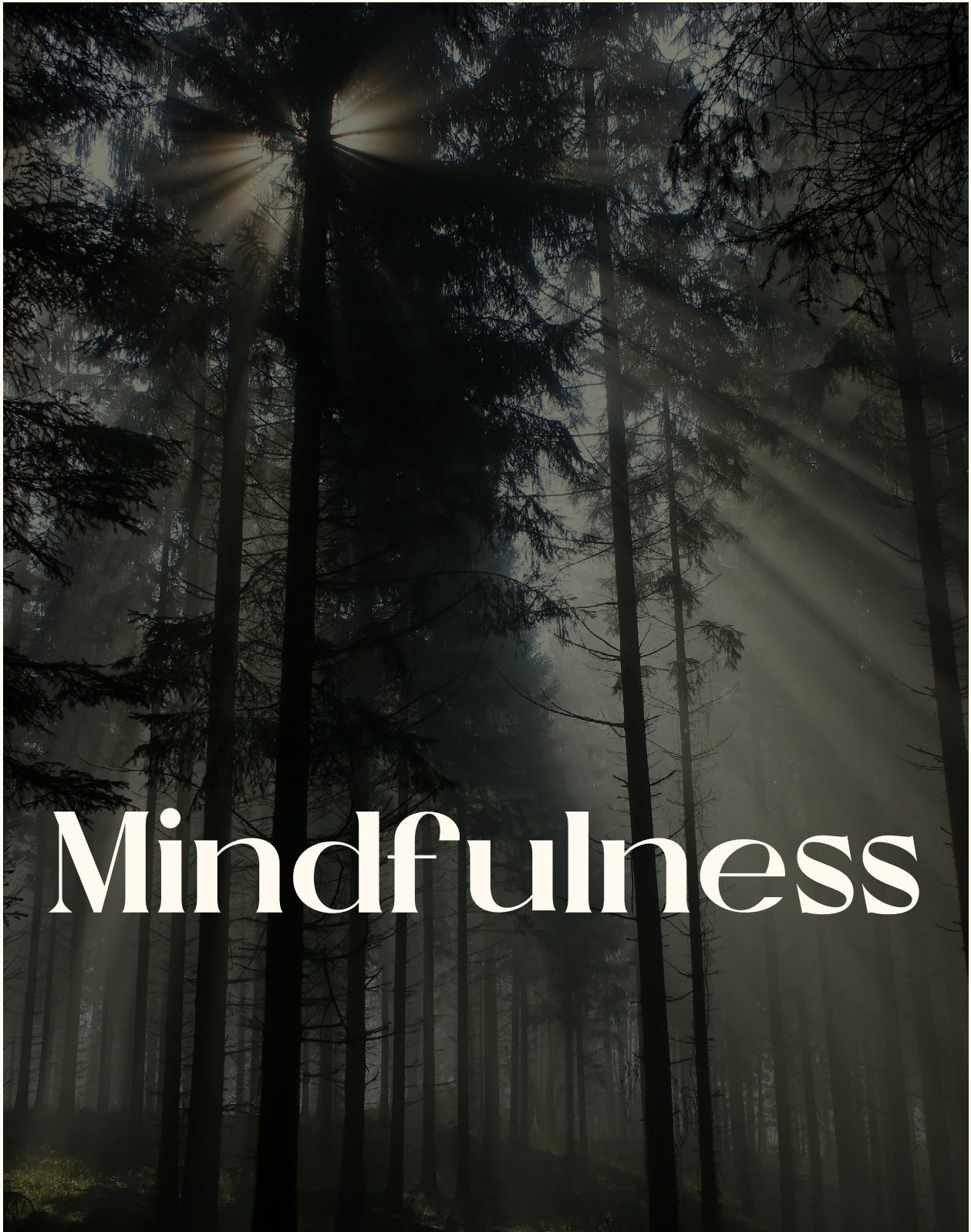


RECONNECT WITH NATURE.
REBALANCE YOUR MIND.



Mindfulness

innerbloom
GARDENING THERAPY



The Need to Slow Down

Life can sometimes feel like an endless whirlwind of stress, anxiety, and overwhelming tasks. We are constantly glued to our devices, drowning in screens and notifications. It's time to hit the pause button, put down your devices, and take a break from this digital madness!

Have you ever considered taking some time out in nature? No, I'm not asking you to go out and hug a tree... yet (although, to be honest, hugging trees feels soooo good!).

Nature offers a wonderful technique that can help you feel more grounded, connected, and less stressed.

Engaging the Senses in Nature

First things first: being in nature means engaging all of your senses. So grab a notebook and pen, because we’re about to embark on a sensory adventure!

Find a comfortable spot to sit—this could be under a tree, in your backyard, or even inside amongst your indoor plants.

Take a few nice, deep breaths and feel your shoulders relaxing. Let go of the tension in your tongue, releasing it from the roof of your mouth, and unclench your jaw.

Ah, doesn’t that feel better already?

Now, take some time to wonder and look around your environment.

Let your sense of curiosity and awe take over.

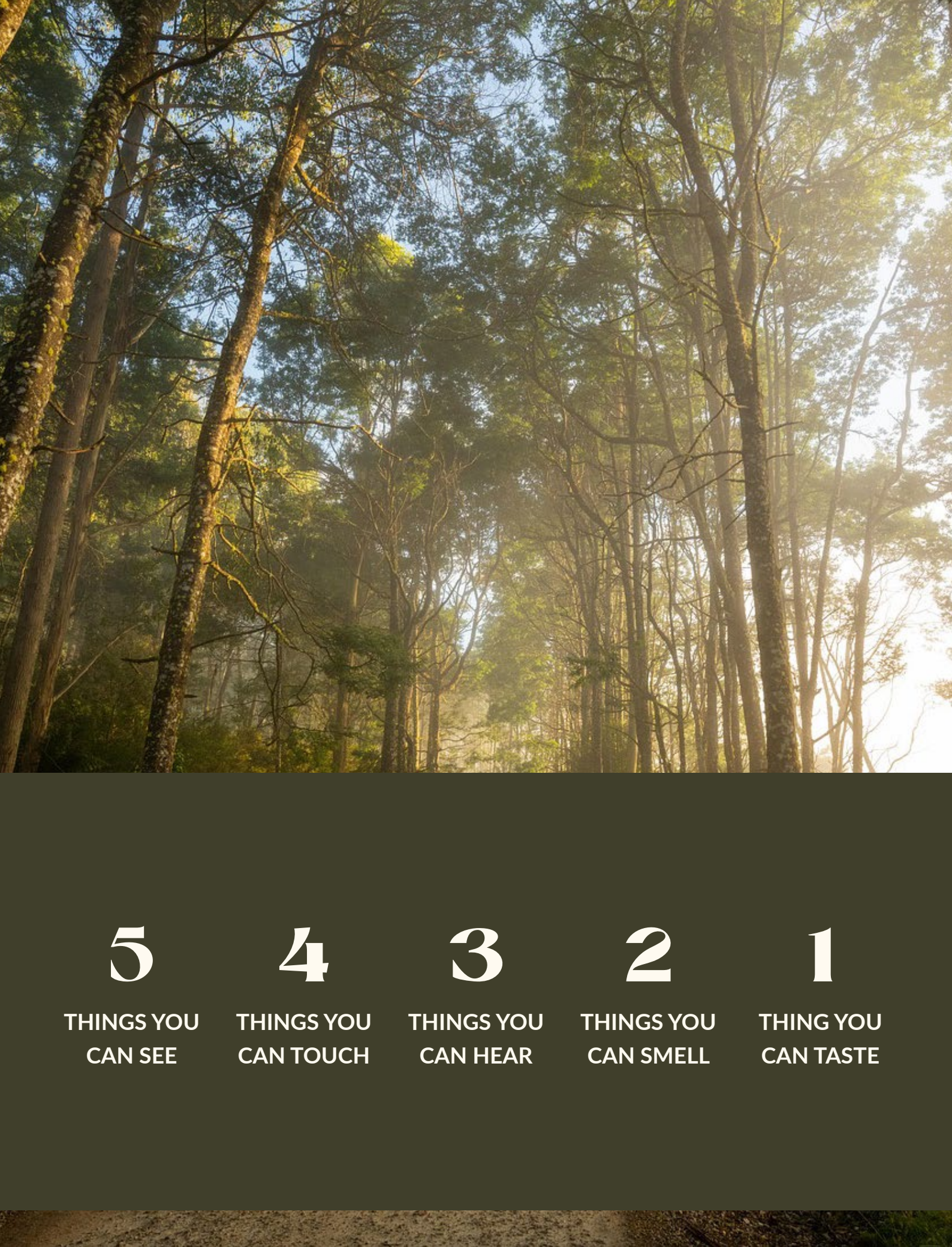
What do you see?

What do you hear?

What do you feel?

Use these
questions to
guide you in
making a list of
your sensory
observations

- 5
THINGS YOU
CAN SEE
- 4
THINGS YOU
CAN TOUCH
- 3
THINGS YOU
CAN HEAR
- 2
THINGS YOU
CAN SMELL
- 1
THING YOU
CAN TASTE





Listing your sensory observations

Five things you can see

Look around and notice five things in your natural surroundings.

Observe the way sunlight filters through the leaves, the intricate patterns on a flower petal, the gentle ripples on a pond, or the changing colors of the sky.

By truly seeing what is around you, you bring yourself into the present moment and develop an appreciation for nature's beauty.

Four things you can touch

Reach out and connect with nature through touch. Feel the rough bark of a tree, the cool smoothness of a river stone, or the softness of moss beneath your fingers.

Engaging with different textures helps bring your awareness into the present moment and strengthens your connection to the natural world.

Three things you can hear

Close your eyes and tune into four sounds around you. Perhaps you hear the rustling of leaves, the distant call of a bird, the babbling of a stream, or the soft hum of the wind.

Listening carefully to nature's orchestra helps quiet the mind and fosters a sense of tranquility.

Two things you can smell

Breathe deeply and notice two scents around you. The earthy aroma of damp soil, the refreshing scent of pine, the sweetness of blooming flowers, or the salty breeze near the ocean can all evoke a sense of calm and presence.

Paying attention to scent can also trigger memories and deepen your connection to nature.

One thing you can taste

If possible, find one natural thing you can taste. Perhaps it's the freshness of the air, a sip of herbal tea made from foraged leaves, or the tart sweetness of a berry picked straight from a bush.

Savouring a natural flavour helps to complete the sensory experience and grounds you fully in the moment.



Cultivating Mindfulness

The Benefits of Tree Hugging

Okay, I promised I wouldn't ask you to hug a tree—yet. But let's talk about it for a moment. Hugging trees can make you feel surprisingly good. There's something about wrapping your arms around a sturdy trunk that brings a sense of grounding and serenity.

Plus, it's a great way to get your daily dose of nature's loving energy. Don't knock it until you've tried it!

Awe and Wonder

As you pay attention to the world around you, allow yourself to experience a sense of wonder and awe. Are you noticing things you wouldn't have noticed before?

Maybe the intricate patterns on a leaf, the gentle rustle of the wind, or the distant chirping of birds. It's amazing how much beauty and detail we can find when we slow down and take the time to truly look.



Nature's Mental Health Boost

Spending time in nature has been scientifically proven to have numerous mental health benefits. It can reduce stress, anxiety, and depression, while boosting your mood and overall well-being. So why not make it a regular practice? Whether it's a walk in the park, a hike in the woods, or simply sitting in your garden, nature can offer a much-needed escape from the hustle and bustle of everyday life.

Mindfulness in nature is a powerful tool to help you feel more connected, grounded, and at peace.

By engaging your senses, observing your surroundings, and embracing the beauty of the natural world, you can find a sense of calm and wonder that counteracts the stresses of modern life.

So go ahead, take a break from your screens, and discover the magic of nature. *And who knows? You might just find yourself hugging a tree... and loving it!*

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