



Mindfulness is an excellent skill that nature teaches us without effort. Just being in nature relaxes and focuses the human mind. Below are some ways that you can help that habit grow stronger.

# ELEMENTS OF MINDFULNESS

Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.

~ Jon Kabat-Zinn



## SENSING

Settle into the present moment. Ground yourself by focusing on your senses—your body, your surroundings. Try impartially observing and describing the things you see and feel.



## PATIENCE

Be kind with yourself and others. Don't rush yourself. If your mind wanders, that's okay, too. Simply note it and re-focus on your senses. Take your time.



## NON-JUDGING

Observe your thoughts and feelings without judging them. Don't worry about needing to react or do anything about them. They will come and go.



## NON-STRIVING

Don't worry about achieving a specific outcome or trying to do something in particular. Simply exist. It's good to just be sometimes.



## BEGINNER'S MIND

Allow yourself to have a sense of curiosity and awe. Experience everything as if for the first time, without the tinge of assumptions or preconceived notions. Be receptive.

*Nature leads by example, existing in the present; although the past and future obviously influence and shape it, nature does not agonize and ruminate but accepts things as they come.*

Infographic courtesy of *Nature Spirit Walks - naturespiritwalks.com*