



**San Diego River Days - May 2020**  
**Mindfulness: Being in Nature**  
**Barbara Palan**

The benefits of being in nature and of mindfulness practices have been well documented in medical and scientific journals.

*“Mindfulness means paying attention, in a particular way, on purpose, in the present moment, and nonjudgementally.”* Jon Kabat-Zinn

Nature is wherever you can be, preferably outside, seeing, hearing, smelling things from the natural world. Even being inside, if necessary, and looking at an image of nature connects you to nature.

BEING in nature assists in experiencing and connecting more fully to nature. Learning about the natural world helps us understand our environment. The more we are able to fully connect in a meaningful way to nature, the more we are drawn to care and value the natural world which supports our life.

**Activity Guidelines:**

1. With your phone or computer and earphones, find a safe place in nature. You can go to a park, be in a garden, or stay inside looking out of a window or at a picture of nature.
2. You can do this activity alone or safely with someone. Please remember to follow the current COVID-19 safety guidelines.
3. Find a comfortable place to sit: a chair, a bench, a rock, or the ground.
4. Push play on this video: <https://youtu.be/9XOF-aoDRD8> (you may need to adjust your device settings so that the audio continues to play for the entire duration of the video)
5. You will be led through a short audio introduction. Then you will hear a bell followed by 3 minutes of BEING in silence either with your eyes closed or open. Do what feels comfortable.
6. After 3 minutes, you will hear a bell to bring you out of the silence. You will be invited to either linger longer on your own or end the activity.
7. If you like, you can expand or deepen your Mindfulness Being in Nature experience by sharing it with someone or choosing to express it in a way that is meaningful to you.