

5 Minutes in Nature

Step 1. Go Outside

- Example: Backyard, porch, street, or park

Step 2. Take a Deep Breath

- Long slow inhale through the nose then exhale

Step 3. LISTEN

- Notice the sounds around you (i.e. birds, trees moving in wind, other animals)

Step 4. LOOK, FEEL, SMELL

- Notice the color of the sky, the texture of the trees, feel the grass, notice the smells around you

Step 5. LET GO

- Be present in the moment, release feelings of tension, stress and worry

[Try a Virtual Nature Experience Here](#)

For additional information on the benefits of nature please refer to:

[Handout: "Guide to Nature"](#)
[Online Workshop: "Importance of Nature"](#)