

Short Nature Meditation For Mental Health Awareness Week 2021

Find a comfortable position, sitting or lying down

Breathe in to the count of 4 (1-2-3-4)

Hold for the count of 4 (1-2-3-4)

Breathe out to the count of 4 (1-2-3-4)

Do this several times continuing to relax further.

Picture in your mind the view you might see out of your window or perhaps when you are taking a stroll.

What can you see?

And as you are visualising this, feel every part of your body relax further, first your neck, then your shoulders, your arms, your hands, your fingers right down to your toes.

Continue to breathe deeply

In for 4 (1-2-3-4) Hold for 4 (1-2-3-4) Out for 4 (1-2-3-4)

Becoming more and more relaxed

Imagine what you can see and hear in the picture you have in mind.

Is the sky sunny or cloudy?

Blue or dark?

Imagine different trees. What colour are the leaves?

The shrill of the singing birds.

The wind swaying gently in the trees.

The sounds of the hustle and bustle of life.

And as you continue to visualise this scene and absorb the sounds, continue to breathe slowly and deeply to the count of 4

Breathe in (1-2-3-4)

Hold (1-2-3-4)

Breathe out (1-2-3-4)

Do this several times and as you do so feel the relaxing and pleasing effect that being in nature has on you and hold this in mind to fill your mind and body

With happiness, joy and a feeling of wellbeing on days where life is a challenge.

Do this for a few moments and then slowly bring your awareness back in to the room. [End]