

# Take a mindful walk

Slow down, take a few breaths and focus on what you can see, hear, touch and smell. This will help you to relax and to feel grounded again. It can be done anywhere in nature, sitting or walking.

## Try this 5-4-3-2-1 method

- 5 Take 5 deeper breaths - feeling the fresh air in your lungs and body.
- 4 Look for 4 things to see - look up, down and ahead (the sky, the trees, the birds, the flowers). Really look at them , take your time and notice as much detail as possible.
- 3 Listen out for 3 sounds (the wind in trees, birds, peoples voices, cars). Really listen – see how far away you can hear things.
- 2 Find 2 things you can touch or feel (the bark of a tree, a stone on the floor, an acorn, the wind or sun on your face) – Notice how they feel.
- 1 Breath in and focus on 1 smell (mown grass, fragrance from flowers, smoke from chimneys, people's dinner cooking)