



Mindful Moments

Being Mindful With Water

Goal: Find a safe place to sit and listen to the waves. Focus on the different sounds of the waves. Can you hear the waves crashing against the rocks?

[Tip]: Sit by a river, lake, or at home with a sound machine.

Why is this important? Meditating and practicing mindfulness in a natural setting by focusing on your environment and letting your thoughts flow non-judgmentally can reduce anxiety and stress.

References: Owens, M., & Bunce, H. L. I. (2022). Nature-based meditation, rumination and mental wellbeing. *International Journal of Environmental Research and Public Health*, 19(15). <https://doi.org/10.3390/ijerph19159118>