

2-10 MINUTES OF MINDFULNESS IN THE QUAD



CONNECT WITH THE SOUNDS OF NATURE

Close your eyes and become aware of what you can hear around you. Listen out for subtle and more pronounced sounds, noticing when a sound begins and ends.



FOCUS ON BREATHING

Reset your nervous system by directing your attention to your breath. Breathe in gently through the nose, hold your breath for a few seconds, before exhaling slowly through your mouth. Repeat for at least two minutes, taking the time to relax and reset.



EMBRACE MOVEMENT

Take some time to stretch and get your body moving. Reach your arms above your head and gently bend to each side. Walk around the Quad, taking time to notice the trees and plants around you.



BE KIND TO YOURSELF

Check-in with yourself by asking “how am I doing?” - allow yourself to be honest about the successes or challenges you may be facing. Treat yourself like a friend, taking the time to listen to your feelings and find positive solutions.



APPRECIATE THE LITTLE THINGS

Take the time to ground yourself in the moment and enjoy the feeling of being outdoors. You may also want to keep a gratitude journal, noting down the little things that bring you joy whilst spending time in the Quad.