



JD

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## How to Re-Center Yourself

**How do you feel right now?**

Please click all that apply

Stressed

Anxious

Uneasy and uncertain

Disconnect from the world around you

**Did you check one or more boxes?**

**If so, let's work on a technique that could help.**

**Nature Meditations** is a practice that helps redirect your mind by purposefully relaxing in and observing nature.

[Nature Wellness Academy](#)

The benefits of being in Nature

Improves mood and enhances cognitive function

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## Ready to get started?

Let's work on feeling like yourself again.

## Inside Meditation

Try to find a quiet spot inside and try to open a window.



Office space with natural light



Bright office meeting space



Individual office space



A quiet room where the sun is starting to set

## Look around...

What do you notice? Take your time

- Are there any animals or insects outside? If so, what are they doing?
- Do you see any cars pass by? What color are they?
- What do you hear?
- Are there leaves on the trees? Are they swaying back and forth or are they still?
- Is there anything you are noticing for the first time?

## Outside Meditation

Try to find a quiet spot or take a walk



Man walking on a winter day



Spring trees blooming



Fall day with leaves on the ground



Woman walking on a summer day

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- Is the air warm or cold?
- What do you smell?

## You did it!

Slowing down to focus on nature can help improve mood, memory and attention span as well as boost happiness!