

3 Nature-Based Practices for Stress Relief

Your Gentle Prescription for Clarity, Calm & Reconnection

“In just a few minutes a day, nature can help you feel calmer, clearer, and more grounded. These simple practices are inspired by Forest Bathing — a Japanese wellness tradition known as Shinrin-yoku, now backed by decades of scientific research showing it reduces stress, lowers cortisol, and supports nervous system recovery.”

1 - Notice Three Things

Stop. Breathe. Take in your surroundings. Bring your awareness to:

- One thing you can hear
- One thing you can feel
- One thing you can see that you hadn't noticed before

This simple check-in helps calm your nervous system and bring you into the present.

2- Walk Slowly Without a Goal

Go for a short, 10-minute “mindful meander.” Let yourself walk without a goal. This isn't a hike. It's a chance to slow the pace and invite in softness.

3 - Sit with Stillness

Find a quiet spot outside — a bench, a patch of grass, a flat rock. Sit. Breathe. Let your senses open one by one. No need to “meditate.” Just be with what's there. This gentle stillness helps reset your system and creates space for quiet clarity.

“Just a few quiet moments in nature can change how you feel — and what you carry — through the rest of the day.”

Want to go deeper? Join a guided Forest Bathing session

mindfulforestbathing.com.au

