



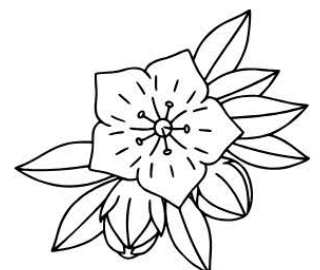
# MILES FOR MARYLAND

## MINDFULNESS ACTIVITIES WITH MYLES



Mindfulness activities in nature reduce stress by engaging the senses and focusing on the present moment. Myles suggests you try a few activities on your next hike:

- Forest Bathing: Quietly immerse yourself in a wooded area, taking time to breathe deeply and observe your surroundings, which may also help to lower anxiety.
- Sit Spot: Find a spot to sit and focus on a single, small aspect of nature—like a leaf, flower or rock—for several minutes. What do you notice?
- Sensory Grounding (5-4-3-2-1): Identify 5 things you see, 4 things you feel (wind, bark), 3 things you hear, 2 things you smell, and 1 thing you taste (optional).
- Mindful Listening: Close your eyes and try count how many distinct sounds you can hear (birds, wind, water). Listen to both nearby and distant sounds, and notice the quiet.
- Deep Breathing with Nature: Breathe deeply in through your nose and out through your mouth, receiving a gift of oxygen from the plants around you and exhaling tension.
- Cloud Watching: Lie on your back and gaze up at the sky. Watch the clouds move, or use your imagination to find shapes in the clouds, which may help calm the mind and encourage creative thinking.
- Personal Reflections: Watch the sun rise or set and reflect on the new start it offers.
- Nature Journaling: Take a few minutes to record some of your observations in the space below. Nature journaling combines sketching, writing, and doodling from what you notice.



*Mountain Laurel in Bloom*