

# Be mindful in a green space

Being mindful outdoors can help you take notice of nature and feel calmer

When you're walking outside, how do your feet feel on the ground? Do your steps make a noise?

Noticing how you feel when you're walking. Does it boost your mood? How does your body feel?



Listen more deeply when you're outdoors or your window is open. Which noises stand out to you? Can you hear bees or birds? What about your other senses: what can you see, smell or feel?



Tip: While walking outside, it's important to stay safe by being aware of traffic, your personal safety and social distancing guidance.



[www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature](http://www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature)

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