



PERFORMANCE AND
CLINICAL
PSYCHOLOGIST

DOTT. MAZZON L.



MINDFUL IN THE NATURE



We can practice mindfulness outdoors by observing what we see, hear, smell, taste, and feel. See how many of the following you can do or find.

1

Notice the weather. Is it sunny or cloudy? How does the air feel (warm, cold, windy)?

2

Find a tree and touch the bark and leaves. What do they feel like?

3

Smell a flower or a plant. How would you describe the scent?

4

Observe a bug without disturbing it.

5

Notice what you hear outside. Do you hear the wind, birds, or insects?

6

Look for seeds, pods, or nuts. How many types can you find?

7

Lay on the ground. How does the earth feel beneath you? What do you see in the sky?

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Dott. Mazzon Luca - Performance & Clinical Psychologist MSc, Musician MM