

Mini Mind Reset

Reset. Refocus. Recharge.

Calm the chaos in just 5 minutes.

Overwhelmed and stressed? Discover the restorative power of nature with this mini mind reset. Studies show that by practicing presence and mindfulness outdoors, you can quickly lower stress levels, improve your mood, and find a sense of peace. Even a few minutes can make a difference. Step outside and experience the benefits for yourself.



by Alicia White

Inspirational Keynote Speaker

Wildlife & Fire Photographer

www.aliciainthewild.com



LET'S BEGIN

Find a comfortable place outside, like a chair, bench, or even a spot on the ground.

Put away your phone, computer, books, or anything else that might pull your attention away. This is your time.

Inhale deeply, filling your lungs, and then exhale slowly. Repeat this two or three more times to relax your body and quiet your mind.

Now, let's explore your senses to help you become present and mindful.





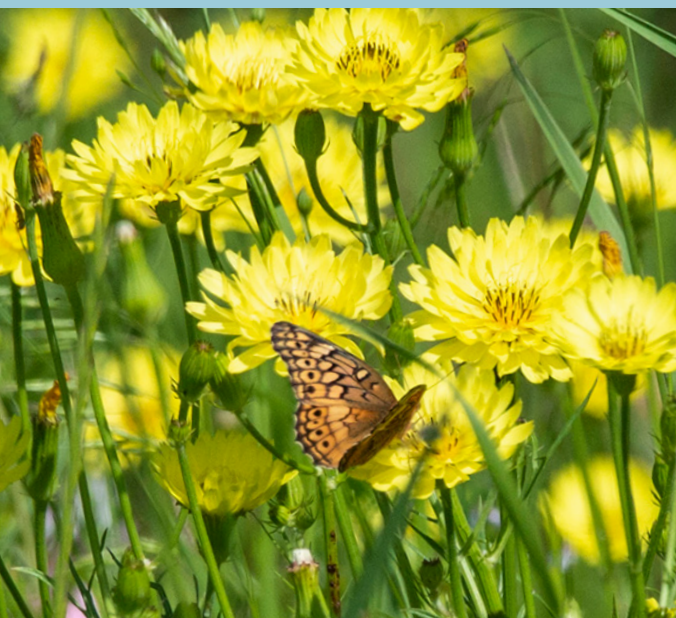
SIGHT

Begin looking around you and identify as many objects as you can.
Call out each thing you see silently to yourself, for example:
grass, sky, clouds, tree, butterfly, birds

List the different colors you see:
blue, green, yellow, white, brown

Notice the different shapes and texture found in nature:
long grasses, round flowers smooth rock, jagged bark

Take in a deep breath and exhale.





HEARING

Start listening to the sounds around you. Identify as many sounds as you can, calling them out silently to yourself, for example:
birds chirping, water trickling, leaves rustling

Can you hear noises that aren't as loud as others? Listen for a cricket chirping or branches rubbing against one another

Take in a deep breath and exhale.





T O U C H

When it comes to touch, ask yourself “what does it feel like?”
Silently list the things you feel and without judging if it
is good or bad. For example, is the air cool or hot?
Is it dry or humid? Is it windy or rainy?

You can also touch what your sitting on.
What does the texture feel like?

Take in a deep breath and exhale.

Feel better? Stay outside as long as you like.
Revisit this exercise as often as you need.



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Created by

Alicia
in the **WILD!**

Alicia White

*Inspirational Keynote Speaker
Wildlife & Fire Photographer*

As an inspirational keynote speaker and wildlife and fire photographer, Alicia draws on her wildlife encounters and the transformative power of nature to motivate audiences to Reset, Refocus, and Recharge for a better you! Book Alicia to speak at your event! Visit aliciainthewild.com or call 214-556-4947. Connect with Alicia on [LinkedIn](#) or [Facebook](#) using [@aliciainthewild](#).