

Sit Spots in Nature

The routine practice of sitting in mindful awareness has well documented mental and physical health benefits. Just 20 minutes in nature measurably reduces stress hormones.

A favourite place to sit regularly and connect with nature, a sit spot, is a simple way to counter the stress of your busy life. While best out in nature, a window with a view of nature can serve as a sit spot.



Making nature-time a regular part of your family lifestyle is one of the best things you can do for their health and your own.

More nature-time for children results in playing more cooperatively, better communication skills, less aggressive behaviour, improved self-esteem, increased resilience against stress and more.

For adults, the positive effects, including a healthier heart and immune system and reduced stress.



Using the same spot creates familiarity with the natural world that shares your space. Observing the patterns and behaviors of living things increases your awareness of nature.

Familiarity and awareness deepen your connection to the natural world, strengthening the bond that restores you. Time in a sit spot resets your perspective, refreshes your mind, and restores your sense of wellbeing.

What to do in a sit spot.

Choose a sit spot that is close by and easy to reach year-round. Be sure to sit comfortably.

- **LISTEN**—What do you hear? How many sounds do you hear? Can you identify them?
- **SCAN**—Look for movement. What do you see? Perhaps a bird, or tiny bugs, or the breeze ruffling the leaves?
- **LOOK**—What is in your field of sight? Is there something new today, like a feather or a bud that has opened? What can you see in the distance?
- **SMELL**—The plants around you filter and clean the air. Breathe in that clean air.
- **REFLECT**—Engaging each sense helps bring your brain into the moment. This is a wonderful opportunity for quiet reflection. Consider keeping a journal and write about or draw what you experience each day. Observations like the weather, the sounds, what you saw, the colours, textures, and patterns you noticed. Jot down your thoughts.