

7 ways to deepen your connection with nature

1 Visit a 'Sit Spot'

Find a place in nature which you can visit regularly, ideally every day. It could even be in your garden. Try to spend at least 20 minutes there (but even 5 minutes is better than nothing!). With regular visits, the unseen world of nature will slowly reveal itself to you.

2 Share your 'Stories'

Find at least one person to recount your adventures in nature to (and perhaps hear theirs in return). Be selective, it can be disheartening to share a story with someone who isn't interested or who doesn't believe you. Tell your stories recalling as much detail as possible.

3 Activate your Senses

Whilst in your sit spot or whilst wandering bring your awareness to the current moment. Become present by focusing on your senses. Consciously notice all of life around you; the sights, sounds, smells, textures and tastes. Try to accept the sensory information you are receiving without judgement and without naming things. Appreciate the moment.

4 Practice Gratitude

Being in a state of gratitude changes our energy so we are perceived as less of a threat. It is also great for our mental health. It doesn't matter what you are grateful for, just that you are grateful!

5 Be in a 'Beginner's Mind'

Try to encounter things as if you are experiencing them for the first time. Take time to explore and discover. Be curious, ask questions, see where things lead. When you return indoors, use books or online resources to investigate things more deeply.

6 Try a 'Timeless Wander'

If you have some free time, go on a walk in nature with no set destination or duration. Wander whichever path feels right to you to explore. Tune in to your body by activating your senses and see what direction it wants to take you in. Initially this is best done in a place which you know well so you don't get lost!

7 Notice 'bird language'

Birds are the messengers of nature. Just like us, they have different tones to their voices to communicate different things. With practice, listening to the birds will tell you what is going on all around you.

