Step Outside...

Auburn Consultancy

Use this practice throughout the day to help you bring yourself back to the present, check in, gain clarity and manage your stress levels for increased wellbeing.

STEP OUTSIDE

Take a pause, somewhere that works for you.

You could be seated, somewhere you feel supported, or stood up.

It's useful to identify spaces that work for you to build a daily habit

BREATHE

Close your eyes, or soften your gaze.

Take a few deeper and longer breaths.

Feel yourself being connected or 'grounded' to the earth, where you are meeting it.

CHECK IN WITH YOUR MIND

Observe your thoughts.

Don't wrestle, or wrangle, just notice.

What's coming up for you?

CHECK IN WITH YOUR BODY

Notice your body.

Slowly scan, from your feet up to your shoulders.

What do you notice - are you holding ANY tension, what sensations can you feel?

BRING SOME FOCUS TO YOUR BREATH

Take 3 long, deep breaths.

It can be helpful to place one hand on your chest and one on your stomach.

Feel the flow, as the breath enters your body, your chest and stomach rises and falls.

WHATS THE BEST THING YOU CAN DO?

Ask yourself 'what's the best thing I can do for myself right now?'

Don't overthink, just notice what first comes to mind.

Take a deep breath, open your eyes and come back to the present.

Consultancy | Coaching | Facilitation

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Lets Take This Outside...

Auburn Consultancy

We are inextricably linked to nature, but we often forget 'how' to be outside - to move more, turn off digital devlces and become more present.

To help us increase our presence, turn down our stress levels and benefit from the outdoors we need to use all 5 senses - **hear, see, feel, taste and smell**.

Use the breathing space exercise (overleaf) to help become more present and manage your stress levels. Build your new habit each day, moving a little more and getting outside of your mind and into the outdoors.

Step outside, listen to the bird song, notice the colours, drink your coffee a little more slowly and breathe... use the below to notice what changes for you.

Before I went outdoors I felt...

When I went outdoors I noticed...

After I had been outdoors I felt like...

SCAN HERE

To access the walking trails on campus

www.auburnconsultancy.co.uk

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