



## Focus: Mind • Body • **SPIRIT**

- **Connect with nature** to ground yourself spiritually. Spend time outdoors and make an intentional effort to disconnect from technology and daily distractions. Sit outside and notice the sounds of nature and fully listen and be present, letting go of any distracting thoughts or worries.
- **Plant a garden or plants in your home.** Plants give off a wonderful, positive energy and can ground you as you work with them. Explore all your senses as you work with the plants. Care for them regularly to ground yourself spiritually.
- **Try a yoga pose** that brings nature to mind, like the Mountain Pose. Here's how to do it:
  1. Stand straight with hands by your sides.
  2. Lift your inner ankles, strengthening the inner arches.
  3. Tilt your head and stretch arms upward.
  4. Lift your heels and put your weight on your toes.
  5. Hold position and take 5 to 10 breaths.
  6. Exhale and release.