

# BUILDING OUR BUNDLE

## WEEK 2 MINDFULNESS PRACTICE: GUIDED VISUALIZATION

**Mindfulness is a great skill to help us regulate our emotions and thoughts and to help keep ourselves in the present moment. Take a few moments to read through this mindfulness exercise. Try to focus your attention on the present moment without judgement. When distracting thoughts or feelings come up, just notice them and let them pass, returning to the present moment again.**

Imagine yourself walking on a path through a forest. The path is soft beneath your shoes, a mixture of soil, fallen leaves, pine needles, and moss. As you walk, your body relaxes and your mind clears, more and more with each step you take.

Breathe in the fresh mountain air, filling your lungs completely. Now exhale. Breathe out all the air. Feeling refreshed.

Take another deep breath in...revitalizing.... and breathe out completely, letting your body relax further.

Continue to breathe slowly and deeply as you walk through the forest and continue the forest visualization.

The air is cool, but comfortable. Sun filters through the trees, making a moving dappled pattern on the ground before you. Listen to the sounds of the forest.... Birds singing. A gentle breeze blowing. The leaves on the trees shift and sway in the soft wind. Your body relaxes more and more as you walk.

Count your steps and breathe in unison with your strides. Breathe in 2, 3, 4... hold 2, 3...exhale 2, 3, 4, 5. Breathe in 2, 3, 4... hold 2, 3...exhale 2, 3, 4, 5. Breathe in 2, 3, 4... hold 2, 3...exhale 2, 3, 4, 5. Continue to breathe like this, slowly and deeply, as you become more and more relaxed.

As you walk through the forest, feel your muscles relaxing and lengthening. As your arms swing in rhythm with your walking, they become loose, relaxed, and limp.

Feel your back relaxing as your spine lengthens and the muscles relax. Feel the tension leaving your body as you admire the scenery around you. Your legs and lower body relax as well, feeling free and relaxed. As you continue to walk through the forest, you begin to climb up a slight incline. You easily tread along smooth rocks on the path. Feeling at one with nature.

The breeze continues to blow through the treetops, but you are sheltered on the path, and the air around you is calm. Small saplings grow at the sides of the path. Around you is an immense array of greens. Some of the leaves on the trees are a delicate, light green. Some leaves are deep, dark, true forest green.

Many trees have needles that look very soft and very green. The forest floor is thick, green moss. Tall trees grow on either side of the path. Picture the variety of trees around you. Some have smooth, white bark. Others are darker, with coarse, heavy bark, deeply grooved. Enjoy the colors of the bark on the trees - white, tan, brown, red, black... many combinations of color. You admire the rough, brown bark of pine trees and enjoy the fresh pine scent. Smell the forest around you. The air is fresh, and filled with the scent of trees, soil, and mountain streams.

Enjoy this peaceful place.



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