

A photograph of a rugged, light-colored rock cliffside overlooking a deep blue ocean. The water is clear and vibrant, with some darker patches visible beneath the surface. The sky is a pale blue with a few wispy clouds.

# Blue mindfulness

Credit: Rowan Heuvel

15 mins

Guides

## About this activity

Be transported to another place with this simple mindfulness activity based on blue spaces like the ocean, rivers or lakes. A great wind-down exercise for the end of a session.

## Outcomes:

- Learn a breathing technique to relax
- Improve your sense of wellbeing
- Understand how our ocean or other blue spaces, like rivers and lakes, can help our wellbeing wherever we live

## You will need:

- A space to stretch out in
- A little bit of imagination

# Blue mindfulness

## Part 1

### Breathing

1. Put one hand on your stomach and the other on your chest. Feel your heart beating.
2. Breathe in, slowly and deeply, through your nose. Feel your tummy rise.
3. Now breathe out, slowly and steadily, through your nose until there is no air left in your lungs.
4. Breathe in for 1, 2, 3, 4. Breathe out, 1, 2, 3, 4.
5. Breathe in 1, 2, 3, 4. Breathe out, 1, 2, 3, 4.
6. And one more time. Breathe in 1, 2, 3, 4, and out 1, 2, 3, 4.
7. Let your breath go back to normal.

This sort of breathing slows down your heart rate and helps you to feel calmer. Freedivers do this so they can dive deeper and longer without an oxygen tank.

## Part 2

### Mindfulness

1. Imagine a **blue space**, such as the ocean, a river, canal or lake.
2. Close your eyes. Breathe as you did before, long and slow in through your nose, and long and slow out through your nose.
3. Picture your blue space. What can you see? Are there other people there? Perhaps you can see animals? What are they doing?
4. What does the water look like? Is it a sunny day? Can you see reflections on the water?
5. Listen carefully, what can you hear? Can you hear the sound of water? Is there a dog barking, a child playing or a seagull?
6. Go and sit down near the water. How do you think the water would feel on your skin? If it's safe, touch it but be careful not to fall in! How does it feel? Is it cold, warm?
7. What else can you touch, hear and see near to where you are sitting?
8. How do you feel in your blue space? Think of words to describe your feelings. Hold onto that feeling as we slowly come back to the room. Open your eyes and let your breathing go back to normal.

## Part 3

### Reflection

How do you feel now? You have just experienced **blue mind** – the wellbeing that we get from the ocean.

Being near water can help our mental health. Research shows that most of us feel calmer and happier when we are near blue space – places with water. If you can't get to near water, mindfully imagining the blue space can help us too.