



Activity: Connect with your senses

1. Find a place and sit by the water
2. Put your feet down feeling them connected to the floor
3. Breathe in and out slowly feeling the connection to the ground
4. Observe the water, note 5 things you can see
5. Listen, note 5 things you can hear
6. Smell, note 5 things you can smell
7. Just sit and contemplate how this made you feel.

This really helps you consciously connect in blue spaces. Connecting and bringing yourself into the moment is so important. In the modern world it's so easy for our minds to dwell on the past or worry about the future. Being present is a little thing we can do to feel more in control.



Activity: Breathe, 3, 4 and 5 seconds

1. Find a place and sit by the water
2. Put your feet down feeling them connected to the floor
3. Breathe in for 3 seconds
4. Hold your breath for 4 seconds
5. Breathe out for 5 seconds
6. Repeat

This activity is one used by Dr Chatterjee, star of Dr in the house on the BBC. He suggests you repeat this 5 or 6 times or for as long as you feel comfortable.

You don't need to be in a Blue Space. The exercise is also a great way to tackle anxious feelings wherever you are.

But being close to water and with nature all around you, this will enhance the experience.



Activity: Breathing in a colour

1. As you breath, imagine the colour entering down your body and into your stomach area and then spreading throughout your whole body.
2. As you breathe out imagine the colour leaving your body. Blue is a great colour (we are not biased) to choose as it helps with relaxation and peace.
3. You can try imagining a colour that works for you when you need to relax and unwind and use this in everyday life.



Activity: Alternate nostril breathing

This has been shown to enhance cardiovascular function and to lower heart rate.

Warning, this is best practiced on an empty stomach. Avoid the practice if you're feeling sick or congested. Keep your breath smooth and even throughout the practice. To do this:

1. Choose a comfortable seated position by the water.
2. Lift up your right hand toward your nose, pressing your first and middle fingers down toward your palm and leaving your other fingers extended.
3. After an exhale, use your right thumb to gently close your right nostril.
Inhale through your left nostril and then close your left nostril with your right little and ring fingers.
4. Release your thumb and exhale out through your right nostril.
Inhale through your right nostril and then close this nostril.
5. Release your fingers to open your left nostril and exhale through this side.

This is one cycle; continue this breathing pattern for up to 5 minutes.

Finish your session with an exhale on the left side.

This exercise has been taken from www.healthline.com and adapted there are some other brilliant exercises you can find here.



Activity: Simple Breathing Exercise

Find a good spot to sit by the water and then:

1. Inhale slowly and deeply through your nose.
2. Keep your shoulders relaxed. Exhale slowly through your mouth. As you blow air out, purse your lips slightly, but keep your jaw relaxed.
3. Repeat this breathing exercise. Do it for several minutes until you start to feel relaxed.

This exercise has been taken from www.healthline.com and adapted there are some other brilliant exercises you can find here.