

MINDFULNESS ACTIVITY #5

Reminders in Nature

- Pause.
- Look all around you.
- What do you see or hear or smell that reminds you of your loved one?
- What is it in those sensory impressions that is reminiscent of your person?
- If you are with someone, you may want to share with them what you noticed and how that is entwined with the life of the one you love.

ABOUT THE HIGHMARK CARING PLACE

The Highmark Caring Place is dedicated to making a difference in the lives of grieving children.

It is the mission of the Highmark Caring Place:

- To raise awareness of the needs of grieving children
- To provide programs to address those needs
- To equip the community to support those children who have experienced the death of a loved one.





PITTSBURGH
620 Stanwix St.
Pittsburgh, PA 15222
888.224.4673

ERIE
510 Cranberry St., Bldg. 2
Erie, PA 16507
866.212.4673

CENTRAL PA
3 Walnut St., Suite 200
Lemoyne, PA 17043
866.613.4673

WARRENDALE
200 Warrendale Village Dr.
Warrendale, PA 15086
888.734.4073

highmarkcaringplace.com •     

The Nature of Grief

MEDITATION TRAILS

presented by  **CARING PLACE** 



Like walking along a path in the outdoors, grief is a journey taken one step at a time. These mindfulness activities, created by the Highmark Caring Place, can be used while trail walking or while walking or relaxing anywhere in nature. We welcome you to use these activities to help you to put one foot in front of the other, literally and figuratively, allowing nature to connect and ground you to the present—as you remember, feel and grieve.



MINDFULNESS ACTIVITY #1 ***Listen, Speak***

- Pause.
- Listen to the sounds around you.
- Notice the sensation of air on your face.
- Notice any smells.
- If you could talk to your loved one right now, what you would say to them; allow words to come into your mind.
- If you are with someone, share what your words to your loved one would be.



MINDFULNESS ACTIVITY #2 ***Name Trace***

- Pause.
- Using a stick or your finger, trace their name—their given name, or your special name for them—on the ground.
- Add their relationship to you.
- Using a stick or your finger, trace their name—their given name, or your special name for them—on the ground.
- Add their relationship to you.



MINDFULNESS ACTIVITY #3 ***Grounded Memories***

- Pause.
- Sit on the ground.
- Lean against a tree, or just focus on the ground beneath your body.
- Recall your favorite memories of your loved one.
- If you are with someone, you may want to share these memories with them.



MINDFULNESS ACTIVITY #4 ***Feelings Breath***

- Pause.
- Feel the ground beneath your feet.
- Take a deep breath in through your nose and hold for three seconds.
- Slowly breathe out through your mouth as if you are blowing bubbles.
- Notice your feelings as they ride the bubbles out into the air.
- Allow yourself to feel however you feel with no judgement. Be kind and compassionate with yourself.

