

4-3-2-1

Green space has a proven positive impact on our emotional, psychological and physical well-being and Londoners are spoilt for choice with green spaces to discover, relax in and enjoy.

Make time in your week to enjoy green space – even 15 minutes in your lunch break can have a positive impact. And try this 4,3,2,1 exercise to help you make the most of your green space moment. Check out [London Gardens Online](#) for information on over 2,500 parks, gardens, squares, churchyards, cemeteries and other sites of historic interest across the whole of London.

4-3-2-1 exercise

- Take a walk on your own in a green space
- Slow down your pace
- Take a few deep breaths – inhaling through the nose and out through the mouth
- Start by naming 4 things you can **see**, 4 things you can **hear** and 4 things you can **feel** (physical sensations); then go on to name 3 things you can see, hear, feel, then 2 of each and then 1.

Try to identify different things for each of the 4 stages. This will heighten your experience in nature and help to ground you in the present moment.

Here's an example to illustrate how the exercise might unfold:

Four: “I see the clouds in the blue sky. I see tall trees. I see a big patch of purple crocuses in the grass. I see people on benches having their lunch. I hear birds chirping. I hear people chatting. I hear distant traffic noise. I hear my in and out breath. I feel the air on my skin. I feel the soles of my feet on the ground. I feel the warmth of the sun on my face. I feel my heart beating.

Three: I see the sun coming through from behind the clouds. I see two squirrels searching for food. I see daffodils here and there. I hear children playing, I hear people eating their lunch. I hear a bumblebee. I feel the wind in my hair. I feel my trousers touching my legs. I feel my shoulders relaxing.

Two: I see the pretty bark of the plane trees. I see the light green of the grass. I hear a dog barking. I hear myself swallow. I feel the muscles in my face relaxing. I feel the air touching my nose when I inhale and exhale.

One: I see the snowdrops around the trees. I hear the call of a crow. I feel a relaxed heaviness throughout my whole body.

Notice how you feel after the exercise. More grounded, alert, more energetic, happier? Get in touch and let me how you got on: www.greenspacecoaching.com