7 Ways Students Can Use Nature to Help Reduce Stress (in under 60 seconds)

1. Step outside and take a few deep breaths, focusing on the fresh air and how it feels.
2. Listen closely to the natural sounds around you—birds chirping, leaves rustling, or the wind blowing.
3. Stand barefoot on the grass or dirt and notice the sensation under your feet.
4. Find a sunny spot and let the warmth touch your skin, soaking in the light for a moment.
5. Gently touch a plant, tree, or flower, paying attention to its texture and details.
6. Try the 5-4-3-2-1 grounding trick by quickly naming five things you see, four you hear, three you feel, two you smell, and one you taste in your surroundings.
7. Take a slow, mindful stroll, even if it’s just a few steps, and focus on how your body moves and what’s happening around you.