



May 24, 2023

90 Second Sound Escape

You are busy, that is undeniable. We are in the final weeks of school, with much still to be done.

But what if you could take a breath, close your eyes, and drift away for a quick moment? Yes? Then put on your headphones and be immersed in nature for ***just 90 seconds***.

Being surrounded by nature can be healing and can help us recalibrate. We can simulate this experience at our desks through sound and imagination.

As you listen to these 15 second sound segments, be mindful and breathe deeply. [Click here to open the video](#) – use it just for audio and read on to be guided in this meditation.

Practice using all of your senses as you imagine that it is an early summer evening, and you are:

- Entering a forest where the birds are singing. The late afternoon sun shines through the branches. The heat of the day is slowly cooling
- Hear your steps along the forest path, as you walk deeper into the forest. Smell the scent of the trees and the dirt at your feet
- Listen to the bubbling stream of cold, clear water nearby, adding a soothing breeze to the warm evening
- Walk further down the path as you approach an opening in the trees
- Come upon a beach, where the waves lap the sand and gently retreat over and over
- Dusk falls, and you are sitting by a fire on the beach, listening to the crickets and watching the stars come out, one by one
- Remember, in this moment, to breathe deeply

When the sound escape stops, open your eyes and notice how you feel.

A thank you to [Monique Gray Smith](#) for this grounding technique she shared during the Mental Health in Education Conference earlier this month.

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.