

# TAKE NOTICE – MINDFULNESS IN NATURE AND DAILY LIFE

June 2025 Newsletter

Health & Mind

In the middle of exams and busy schedules, our minds often race ahead worrying, planning, stressing. This month, we invite you to pause and take notice. Whether it's the breeze through the trees or birdsong outside your window, being present in the moment can shift how you feel.

Mindfulness in daily life and time spent in nature are powerful ways to support mental well-being. Especially during stressful times, they help us stay grounded, focused, and emotionally balanced, reminding us that peace can often be found in the simplest moments.

Mindfulness is a state of composure in which one is completely aware of and in control of their emotions. It is about focusing on the present without allowing negative thoughts concerning the past or the future from seeping into your thoughts.

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| **MINDFULNESS CAN CONTRIBUTE GREATLY TO MANAGING STRESS AND ANXIETY AS WELL AS REGAINING FOCUS,** |  
—”

1.

### *Reducing Stress:*

Gaining better control of your thoughts can help identify stress triggers and respond to them calmly, avoiding rash decisions. Diverting complete focus towards the tasks at hand, focusing on the present, can help reduce stress tremendously.



2.

### *Alleviate anxiety:*

Anxiety often stems from fears concerning the future, this can be managed through regular practice allowing you to face the problem head on, eliminating the cycle of anxiety.



3.

### *Improving focus:*

Mindfulness can train the brain to maintain concentration on a single task, avoiding distractions. It can also increase cognitive ability and improve memory, allowing individuals to retain more information.



# Mastering the Moment: *The Power of Mindfulness*

**Mindfulness** can be practiced through meditation, or by integrating meditation into activities like yoga, by ground yourself or just anything else that works for you. Mindfulness cultivates a healthy headspace that promotes good decision making and enhances mental wellbeing.

Spending time in **nature** is a great way for students to relax and feel happy. After a long day of school, taking a walk in the park, sitting by a lake, or watching the sunset can help clear your mind. **Nature** gives us a break from screens, reduces stress, and improves our focus in class. Even spending time outdoors during lunch or recess can make a big difference. And of course, enjoying a snack with friends outside makes it even better! **Nature** helps us stay calm, active, and ready to take on new challenges.

In a world constantly **buzzing with digital alerts** and endless to-do lists, the human brain is under more strain than ever. A midst this chaos, science is turning its gaze toward something remarkably simple: **nature**. A walk in the woods, the sound of flowing water, or even a glimpse of a green park from a window, goes beyond mere pleasure, it plays a **crucial role** in our well-being. These natural experiences are emerging as **essential** ingredients for a healthy mind.



Researchers are increasingly exploring how the combination of mindfulness and exposure to nature can significantly enhance brain function, emotional well-being, and cognitive performance.

This isn't good mysticism or pseudoscience. Peer-reviewed studies, neuroscience journals, and public health researchers are all pointing to the same conclusion: nature doesn't just lift our spirits, it fuels our entire mind and body.



<https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>



## Mindful Tips to Study Smarter and Stress Less:

### *Try the 25-5 Rule*

Study for 25 minutes, break for 5. After four rounds, take a longer 20–30 min break. Boosts focus without burnout.

### *Declutter Your Space, Declutter Your Mind*

A tidy, quiet setup helps you focus. Turn off notifications and keep only essentials nearby.

### *Breathe Before You Begin*

Take 1 minute to breathe deeply. It calms nerves and sharpens attention.

### *Break It Down*

Split big topics into small chunks. Each tiny win builds motivation

### *Nature Is Your Reset Button*

Step outside or sit near greenery. Nature eases stress and improves memory.

### *Fuel Your Brain, Not Just Your To-Do List*

Eat smart (nuts, fruits, eggs), stay hydrated, and get 7+ hours of sleep for better recall.



# Value of the month: *Mindfulness*

Mindfulness, or being fully present in the moment, helps you understand your thoughts and emotions without feeling overwhelmed. It creates a pause between what you feel and how you react, allowing you to respond with clarity instead of impulse. Over time, this builds self-awareness by helping you recognize emotional patterns and better manage stress or frustration.

In addition to emotional regulation, mindfulness also improves focus and attention by training the brain to stay with one task at a time instead of bouncing between distractions. This mental discipline boosts learning and productivity. Most importantly, mindfulness supports better decision-making. In moments of awareness, you're able to reflect on your thoughts, emotions, and intentions leading to more intentional, wise choices in your daily life, whether in studies, relationships, or personal growth.



## Educational topic: *Self-care*

Self-care isn't just about face masks and what we see online it's about taking intentional steps to support your mental, emotional, and physical well-being. It can be as simple as taking a break, enjoying a hobby, trying something new, or finding healthy ways to process your emotions. Activities like eating well, sleeping better (not just more), exercising, practicing yoga or meditation, and doing things you enjoy are all part of self-care.

### How Self-Care Helps Students Stay Balanced:

#### *Start your day with movement:*

Light stretching, a short walk, or even 10 minutes of yoga can energize your mind.

#### *Fuel your brain:*

Eat nutritious meals and stay hydrated, your body and mind are deeply connected.





### *Prioritize quality sleep:*

A calm bedtime routine and screen-free time before bed can improve your focus and memory

### *Take mindful breaks:*

Step away from studies to do something you love to read, draw, listen to music, or just relax.

### *Try meditation or journaling:*

This helps process emotions and reduce anxiety before or after long study sessions.

### *Be kind to yourself:*

Avoid burnout by listening to your needs sometimes a pause is more productive than pushing through.



## Word Search

### Find these words

Nature 🌸 Breathe 🌸 Present 🌸 Calm

Balance 🌸 Relax 🌸 Pause

P	R	E	S	E	N	T	U	Y	B	A
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