

Mindful Birding

Observing birds is a great way to still your mind and to connect with wild animals and the wider environment. Watching birds can provide mental health benefits. Watching birds can keep your mind active and entertained, but also can be a form of meditation, allowing a feeling of calm and focus. It allows us to feel part of nature and connected to a community of beautiful living things.



You could start to record what you see and feel in a journal

This might help you to identify the birds if you want to, but it can be used to record seasonal changes and your response to the birds around you.

1 Choose a spot where you can sit quietly and observe birds for around 10-20 minutes

This can be your window, doorstep, back garden, or local park. Find a comfortable sitting position. Bring along whatever you need to be comfortable such as a chair, cushion, blanket, snack, or hot drink. **Ensure you are comfortable enough to sit quietly for a while.**

2 Take 5 deep breaths-breathe in for 5 seconds, hold for a second or two, and then a long exhale

Notice any birds you might hear or see. **Don't worry about identifying them.** Instead, just watch their behaviour and listen for their vocalisations. Notice their colours, notice how they move, notice how they interact with each other and the environment.

Gently check in with the feelings that arise while you are sitting.

3 Repeat

The best benefits come from repetition. Each day, look for the same birds you may have seen the day before. Getting to know and recognise your local birds is much more important than listing all the birds you're seeing or hearing.

If you can come back to the same spot every day, every week or every month, you'll be able to observe the changes in the bird population and any seasonal changes to that area too.