

Mini Guide

7 DAY RESET RECONNECT, REVIVE & RELAX



- *The Living Green Company*

INTRODUCTION



WHY YOU NEED A RESET

The world moves too quickly for our nervous system. Nature designed for slower things, birdsong, wind and light.

We wake to blue screens instead of blue sky. We count notifications, not clouds.

For the next seven days, you'll practice small, intentional acts of reconnection. They are not about achievement or doing them perfectly, they're about presence.

Each day offers one short focus, some outdoors, others by a window or with a single houseplant.

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SIMPLE EVERYDAY



DAY ONE

Reconnection always starts with noticing.

When life becomes too fast, our attention contracts. We live inside our heads instead of within our senses. Stepping outside, even for a few minutes, reawakens that primal relationship between breath and landscape.

It's not about distance or scenery, it's about presence. This first exercise resets your awareness by tuning your senses back to the natural rhythm that has always supported you, light, air, sound and texture.

Once you can see and feel the world again, the rest of this journey unfolds naturally.

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SIMPLE EVERYDAY



DAY ONE

Your first task is beautifully simple: step outside.

Open the door, walk outside to the edge of wherever you live, your front door, balcony, window or garden.

Stand still for 5 minutes. No phone.

Don't rush to decide what you're meant to feel.

Just notice, watch, listen.

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DAY TWO

Spend time near water if possible. This could be:

- sea
- river
- stream
- pond
- rain
- fountain
- or even listening to water at home

Watch movement. Notice rhythm. Allow yourself to observe without purpose. 5 minutes.

Why we do this,

Water often holds attention gently. Its movement and repetition can help quiet mental noise and encourage a softer pace of thinking.

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DAY THREE

Creating a Small Sanctuary: “Even one potted plant can remind us that life still moves toward the light.”

Why we do this:

Connection to nature doesn't require wilderness it can begin with a single, intentional space. Creating a Green Corner teaches the nervous system safety and familiarity. It becomes a daily visual cue that calm is available within reach, no matter how busy life feels.

This simple act of arranging a few natural objects also engages creativity, touch and care qualities that anchor you in the present moment.

By shaping an environment that breathes, you remind yourself that you, too, are living material.

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DAY THREE

Choose a calm place in your home such as a sunny windowsill or shelf.

- Gather a few natural items: a small plant, a stone, a shell, a candle.
- Arrange them slowly, with intention.
- This is a space of calm and connection.

Each morning before screens, spend 5 minutes here.

Notice any small change such as a new leaf or a shift in light.

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DAY FOUR

Science calls this process eco-wellbeing: our emotional, physical and cognitive health improve when we restore even brief contact with nature.

Cortisol levels drop. Sleep deepens. Creativity returns. But beyond the data, there's something quieter, an inner remembering that life doesn't have to be this rushed.

So, find a notebook and write a few notes every morning, record small details like a smell, a colour, a feeling.

They become your trail markers back to balance.

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DAY FIVE

Awaken the Senses.

Touch the earth.

Whether soil, bark, or stone feel its texture, its coolness, its reality.

Nature is not only visual.

Sensory contact helps anchor attention in the body and can create feelings of steadiness and grounding.

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DAY SIX

Sharing space. Today, notice other living things.

Birds. Insects. Plants. Trees. Moss. Wildflowers.
Companion animals.

Try to observe without naming or identifying. Simply
notice behaviour and presence.

Why we do this,
Much of modern life revolves around human concerns.
Observing other lives gently shifts attention outward
and can reduce feelings of isolation or mental looping.

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DAY SEVEN

Look Up!

Spend time noticing the sky. Clouds. Light. Wind. Weather moving. You do not need good weather. Grey skies count too.

Notice:

- cloud movement
- changing light
- temperature
- how the air feels

Why we do this,

The sky reminds us that life continues in movement and cycles larger than ourselves. Looking upward often softens mental narrowing and creates a sense of perspective.

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CARRYING IT FORWARD

Return to a place visited earlier this week.

Notice:

- What feels familiar?
- What feels different?
- What do you notice now that you may not have noticed before?

You are not the same person who arrived on Day One. Neither is the place.

Why we do this;

Nature teaches continuity rather than perfection. Returning builds familiarity and reminds us that wellbeing is often supported through repeated contact rather than dramatic change. What would you like to carry forward from this week?



REFLECTION



CONNECTION

Nothing here needs to end.
Nature connection is not another task to complete.

Sometimes wellbeing arrives quietly through repeated encounters with places that ask little of us and continue without expectation.

The invitation is simple:

- Return when you can.
- Notice what is already here.

Allow yourself to belong within the living world, exactly as you are. ♥

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