

Find Your First Sit Spot

A sit spot is a place you return to regularly to sit quietly and notice natural features around you. Consistency matters more than the view. This three step guide will help you find your first spot.

Choose somewhere you can easily return to.



1 Find a space close by and safe

Your body requires physical safety for your nervous system to step out of high-alert scanning. Habit building is optimized when aligned with other daily activities.

SAFE ENOUGH TO SETTLE

Sit with your back toward a tree, wall, or fence, with a clear view ahead of you.

FIVE MINUTES OF TRAVEL TIME

Close and convenient beats impressive. The easier it is to reach, the easier it is to return.

2 Pick your space

Outdoors, semi-outdoors, or indoors all work. Choose the space you'll use.

OUTDOORS

Park, yard, or green space with a place to sit and a clear line of sight.

BALCONY / PORCH

View of sky or trees, some weather protection and enough privacy to relax.

WINDOW

A view you can return to of sky, trees, or water, with natural light.

INDOORS

A dedicated space you can return to with a living plant and some daylight.

The best sit spot is the one you can return to tomorrow.

RESEARCH FINDINGS

Attention Restoration: Nature exposure restores directed attention after a single session — no “pristine” wilderness needed, and no minimum dose beyond returning regularly.

Kaplan & Kaplan (1989) | Berman et al. (2008)

Physiological Shift: In Tara's research with Metro Vancouver adults, repeated nature immersion practices lowered heart rate, improved mood and increased feelings of nature connectedness.

Brown (2025), UBC doctoral dissertation

3

Sit for the first time

Your first sit can be very simple.

- 10 minutes Let your body settle into the physical posture of your choosing.
- Phone away Silence all notifications and avoid any device use during the sit.
- Notice Sounds, movement, scents, light, and physical sensations.
- Return Is this a place you'd like to return to? If not, pick a new place.

If you showed up and sat, you did it.

There is no right or wrong way to do this. If you showed up and sat for ten minutes, you did it right — even if your mind wandered the entire time.

SIT. THAT'S IT.



Arrive



Settle



Notice



Return

Ready to go further?

Try the free 3-Day Sit Daily Outdoors audio practice, or join for 30 days of guided practice at your new spot.

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