

Experience Blue Spaces

July 21 - 27, 2025



Monday: Take a walk by a body of water – Whether it's a beach, riverbank, lake, or canal, a gentle stroll lets you soak in the sights and sounds of water.

Tuesday: Listen to water sounds at home – Play recordings of ocean waves, rain, or flowing rivers to create a calming atmosphere wherever you are.

Wednesday: Practice mindfulness near water – Sit by a fountain, stream, or even a bathtub and focus on the sound and movement of the water to ground yourself in the present. If you cannot access water today try this [ocean breathing meditation](#) as an alternative.

Thursday: Go for a swim or paddle – Engaging physically with water through swimming, kayaking, or paddleboarding can deeply connect you to the blue space and enhance its soothing effect.

Friday: Take scenic drives or bike rides along the coast or waterfronts – The visual beauty of blue spaces can lift your mood, even from a distance.

Saturday: Incorporate water features into your space – A small tabletop fountain, aquarium, or even a [DIY water garden](#) can bring the tranquility of blue spaces into your home or workspace.

Sunday: Watch or sketch water scenes – Whether you're watching boats drift or waves crash, or you're drawing the patterns of ripples, focusing creatively on water can quiet your inner chatter.



Why It Matters

Did you take time to experience a blue space today?

Experiencing blue spaces—such as oceans, lakes, rivers, and even fountains—can have a profound positive impact on mental health and the nervous system. These environments naturally promote relaxation by lowering cortisol levels, reducing stress, and calming the sympathetic nervous system, which governs the body's fight-or-flight response. The rhythmic sound of water, the visual serenity of blue hues, and the feeling of openness all contribute to a meditative state that enhances mood and fosters a sense of peace. Research suggests that time spent near water can improve cognitive function, reduce anxiety, and elevate overall emotional well-being, making blue spaces a powerful, natural tool for mental restoration and balance.



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