

Stimulus: A Medical Humanities Journal

Volume 4 *Stimulus: A Medical Humanities Journal*

Article 49

9-12-2024

There's beauty in the small things, too

Ava Trinh

Follow this and additional works at: <https://mavmatrix.uta.edu/stimulus>

Recommended Citation

Trinh, Ava (2024) "There's beauty in the small things, too," *Stimulus: A Medical Humanities Journal*: Vol. 4, Article 49.

Available at: <https://mavmatrix.uta.edu/stimulus/vol4/iss1/49>

This Article is brought to you for free and open access by the Mavs Open Press Open Access Journals at MavMatrix. It has been accepted for inclusion in *Stimulus: A Medical Humanities Journal* by an authorized editor of MavMatrix.

There's beauty in the small things, too

Ava Trinh





In the hustle of our fast-paced lives, taking mindful minutes to connect with the beauty of nature can be a transformative and refreshing experience. Amidst the chaos, a few quiet moments spent in contemplation, surrounded by the wonders of the natural world, can bring a sense of calm and clarity. Whether it's the gentle rustle of leaves in a serene forest, the rhythmic crashing of waves against the shore, or the vibrant colors of a sunset painting the sky, nature offers a sanctuary for mindfulness.

I captured these quiet photos when I found myself immersed in the appreciation of my surroundings. The focus of my photos may not be anything special, but to me, I found beauty in them. Each picture led me to reflect on my blessings, such as my ability to see and a functioning body, momentarily bringing peace to my mind. In each location, I became aware of what was happening inside of me—heart, mind, and body—and outside in my environment, accepting all the sensations, emotions, and thoughts that came to me.

I want to share with readers that these mindful minutes allow us to tune into the present moment, fostering a deeper connection with the world around us and providing solace for the mind and spirit. The beauty of nature becomes a powerful reminder of the importance of slowing down, appreciating simplicity, and finding harmony in the midst of life's complexities. I invite everyone to take a moment of reflection, relax, and reset the mind and body; a little bit of mindfulness can go a long way for our well-being and health.

Breathe in. Breathe out. Let us practice the art of appreciation and find joy in the simple things.