

GOING FOR A MINDFUL WALK

Have you noticed how crazy everything has been lately?

Yeah, I have!

Well, it's time to slow down and take time for a slow, mindful walk.

Sounds great, what do I do?

You can find somewhere relaxing to walk, for example in the park, at the beach, on a farm, at the zoo or down your local street. You can walk with family or friends but don't talk, just walk side by side.

So, how do I make it mindful?

Well, to be mindful means being in that exact moment and not thinking about anything other than where you are. Follow these steps:

- Start your walk by standing still. Take in five slow deep breaths and out. Open your eyes and look around you. Inside your head, name three things you can see. Inside your head, name something you can smell and something you can hear.
- Take 10 slow steps.
- Stop again. Take another look around you. Inside your head, name three things you can see. Inside your head, name something you can smell and something you can hear.
- Now walk slowly along, breathing in and out.
- Every time you feel like stopping, just stop and look around you.
- At the end of your walk, take in five slow deep breaths and out again.
- You should feel relaxed and very in the moment.

Hey, I do feel more relaxed! I might do this again tomorrow.

