



*Wellness
@work*



BLYTHE VALLEY PARK

Mindful Walking

HERE'S HOW TO DO IT...



The Preparation

Find somewhere to walk where you will not be disturbed: your garden, a city park, country lane, or a busy street – we think the country park at Blythe would be an ideal location! Wear comfortable clothing and appropriate walking shoes. Stand still and become aware of how you feel. Consider your posture, the weight of your body, feet in your shoes, and your muscles as you balance. Take a few deep breaths and slowly bring your awareness into the present.

The Movement

Begin walking, a little slower than normal. Walk as mindfully as you can.

Maintain awareness of:

- Each footstep as it rolls from heel to toe
- The muscles and tendons in your feet and legs
- The movement and muscles elsewhere in your body

Pay attention to your senses as you walk:

- Hear the wind blow in the trees
- Smell the cut grass
- Feel the light touch of rain on your face
- See the car lights reflected on the windows of shops, the shadows moving as you walk
- Be aware of each breath
- Breathe easily, but deeply
- When your mind drifts from walking and breathing, gently guide your thoughts back
- Continue walking for as long as you feel safe and comfortable

Remember, wherever you walk, whether a bustling street or a windy hillside, there is a myriad of stimuli with which to flood your senses. Become aware; savor the sensations.

The Finish

When your mindful walk is at an end, stop and stand still. Take a few deep breaths.

Guide source: www.positivepsychology.com/mindful-walking/