

Mindful Walk Exercise

- When you arrive in your green space, stop for a moment and take a deep breath.
- Start to walk, don't rush, take it slow - at a nice gentle pace
- Now, really start to focus on each step you take. Feel the ground below your foot. Is it hard like stone or pebbles? Or is it softer; is it grass or earth? Notice which part of your foot is touching the ground first. Can you feel the transfer of weight through your foot?
- Think about the rest of your body: How are your arms feeling? Your shoulders? Your legs? Your back?
- Take a breath: What can you smell? Fresh air? The scent from wild flowers or the smell of coffee from a nearby café?
- Tune in to the sounds around you - Is there birdsong? Children laughing or playing? Animals - horses, dogs, ducks, geese? The wind in the trees? What are you hearing?
- How does the weather feel? Can you feel the warm sun on your skin or is there a cool breeze? Has it begun to rain? Are there any clouds or is it a clear sky?
- Take a look around you, really take a good look: what can you see? Plants? trees? New growth? Colours? Dew? Spider webs?
- Is there a pond or lake nearby - how does that look today? Is the sun reflecting off of it? or are there any shadows being cast across its surface? Are there any ducks or geese on the water? Take a moment to look up - Are there any clouds in the sky - are they moving slow or fast? Then look down again - is the pond clear? Are you able to see below the surface - are there any fish in the pond?
- Is there somewhere you can sit for a while, somewhere you can rest and take in all the sights, sounds and smells of your surroundings?
- Have you thought of picking up a pebble, a piece of bark or a leaf? Feel the item in your hands: Take a good look at it, smell it, can you make a noise with it? By using all of your senses and placing all your focus on the item, really examining it and experiencing it can help to ground you and help to rid you of any anxious thoughts, even if only for a short time.