



## *Step into Wellness*

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Your free guide to help you  
move your body and enhance  
mental health and wellbeing.

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From sofa to strolling using the  
*'4 step process for movement'*



“*The journey of a thousand miles  
begins with a first Step*”

## *Contents*

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Introduction.

Benefits of walking for  
mental health.

Getting started.

Recognising barriers.

The 4 step process to movement

Summary - next steps.





**"WALKING IS  
MAN'S BEST  
MEDICINE"**

**-HIPPOCRATES**

## ***Introduction***

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***Hello, and thank you for downloading your free copy  
of the***

***'Step into Wellness' guide.***

***I'm Katie and I am a fully qualified psychotherapist  
and walking enthusiast. I have created this leaflet to  
help as many people as possible share in the benefits  
of being outdoors and moving your body to promote  
better mental health.***

***I have first hand experience of how walking and  
movement can improve poor mental health and  
that has been a massive driver for putting this  
guide together. The list of benefits for spending  
time outdoors is endless, and by the end of this  
guide you will have learnt **the 4 step process to  
movement** plus other helpful tips to get you up  
and out - even when it feels like a struggle.***

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# Benefits of walking *for mental health*

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## Reduces Stress



Walking can help lower cortisol levels, helping you feel more calm and relaxed.

## Boosts your Mood



Physical exercise and movement can trigger the release of endorphins - happy hormones

## Improves Sleep



Walking can help your body regulate better sleep patterns and improve the quality of your sleep.

## Enhances creativity



physical movement can lead to psychological movement. Walking can help you problem solve and come up with new ideas if you are feeling stuck.

## Mindfulness



Walking can help you stay in the here and now. Being present in the moment can give you a break from anxious thoughts or overthinking.





# Getting started

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## Practical tips to help you succeed:

1

Set your intention the night before. Think about your route, your time available and how it will make you feel.

2

Get your clothes and shoes out ready the day before. Leave them somewhere you have to look at them.

3

Make your goal realistic. You are much more likely to succeed if it is achievable.

4

Start small. Build up momentum. A short walk is always better than no walk at all.

5

Allow for flexibility. Have different routes of varying lengths so you can choose the intensity of the walk.

6

**ENJOY IT - HAVE FUN!!** This is not a punishment, its a luxury. Listen to music or a podcast you love. Take pictures and be thankful .



# Recognising your Barriers

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I know you know what to do, you have been thinking about it all week - but when the time comes to go for that walk - you freeze, you make excuses, you don't go.



These barriers come up time and time again for my clients and leave them feeling **GUILTY**, **FRUSTRATED** and **STUCK** in an endless cycle of **FAILURE**. These often include...

**FEELING ANXIOUS, BAD WEATHER, TIME, LOW MOOD, OTHER COMMITMENTS, LACK OF ENERGY, TOO BUSY, PHYSICAL HEALTH, TOO TIRED, HOUSEWORK AND CHORES.**

## Did you know?

A lot of these barriers stem from learnt beliefs or values, that dictate what we think we can and can't do. We then internalize these as facts.

Challenging these beliefs so you can prioritise your own needs is crucial. So how do you do this I hear you ask?



# You KNOW what to do - you just don't seem to be able to do it

You need to move past your barriers that keep you stuck, those thoughts that keep you questioning yourself and your ability.

Im going to give you the **4 step process to movement** to go from AVOIDING IT to ENJOYING IT.

## STEP 1 Recognise your why

Asking yourself WHY you want to do something and being really clear on your intentions. Also ask yourself; why would I not do this?

## STEP 2 Identify your barriers

Make a list of all the things that stop you doing what you want to do. What comes up for you - where does this come from? Is this list yours or is it external influence.

## STEP 3 Check in with yourself

Be in the present moment - are you happy right now - or are you sitting in avoidance. What is your body telling you to do - go with your gut.

## STEP 4 Allow yourself time

Don't give up. It takes time to create new habits and fresh ways of thinking. Reflection is key. Build up your evidence as to why you should keep trying. The more you move, the more normal it will become.



# Want to learn more?

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In this free guide, I have shared some tips and tools to help you overcome the barriers that may be keeping you stuck when it comes to moving for your mental health. The **4 step process to movement** has been designed as a basic tool to use if you find yourself in freeze mode or avoiding the thing that could make you feel better.

I've helped hundreds of clients enhance their daily lives, and now I'm making it achievable for you too. If you would like to go from **avoiding it** to **enjoying it**, and take a deeper dive into what holds you back: this brand new course is for you:

## 'Step into wellness: from avoidance to enjoyment'

Here's what to expect:

- ✓ 2 hour interactive training course via Zoom.
- ✓ A deep dive into 'The 4 step process to movement' so you can pin point your barriers and work through them.
- ✓ Identify why you struggle with motivation and learn how to create a new mindset using the '**motivation sandwich**'
- ✓ Q&A opportunity to ask me any questions you may have.





## **First to Know**

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**If you would like to be the first to know about special offers on upcoming courses, training and all my free content and resources, make sure you are following:**

**@katie.outdoor.therapist**

**If you would like to enquire about therapy, you can book a FREE 30 Consultation by visiting my website and completing the contact form at:**

**[www.therapy-walks.co.uk](http://www.therapy-walks.co.uk)**

**Please feel free to email any enquiries to me at:**

**[counselling@therapy-walks.co.uk](mailto:counselling@therapy-walks.co.uk)**

*Katie* ♡