

#4, APRIL 2022

## MINDFULNESS MATTERS TIP SHEET



# Tips for Mindful Walking

1. Plan to mindfully walk on a regular basis (e.g., at least two of the five days you walk).
2. For each walk, plan a route that will facilitate mindfulness. Dress appropriately for the weather. Use shoes that will be comfortable over the length of your walk. Consider stretching before your walk.
3. Start walking at a pace comfortable for you.
4. Begin relaxing your body and mind by breathing in and out deeply, in rhythm with your walking (e.g., breathe in deeply over several strides, then blow it out through your mouth, like you are using a straw, over several strides). Repeat several times.
5. Then settle into your walk by connecting with your surroundings—
  - What do you see? Take your time noticing. What stands out?
  - What do you hear? Take your time noticing. What stands out?
  - What do you smell? Take your time noticing. What stands out?
  - What do you feel ... on your skin, your body, your face, your hair?
6. Focus on your body in motion. What are the physical sensations involved in walking today?
  - Can you feel your feet come into contact with the ground as they stride forward? What does it feel like?
  - Can you feel your legs as they move one after another? How do they feel?
  - How are your torso, shoulders and arms moving in concert with the movement of your legs and feet? How do they feel as you move?
7. If you become lost in thought/mentally “checked out,” simply return to the sensations of walking in your body and/or connect with your surroundings.
8. Speed up or slow down the walk as you wish. Notice if you feel any changes in your breathing or other body sensations as you change your pace.
9. Continue alternating between awareness of your body and your surroundings, in whatever way feels most comfortable, natural and calming for you.
10. Walk mindfully for as long as you want. Enjoy!

*Tips from Kristin Littel*

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