



MINDFUL MOVEMENT

The Facts:

Mindfulness has several benefits to both our physical and mental health. It can improve our mood, reduce the physical symptoms of stress, improve our immune system, our heart health, and reduce the symptoms of anxiety and depression.

Walking is hugely beneficial to the health of the general population, so much so that the World Health Organization lists it as one of their [daily recommended activities](#).

LET'S GO ON A **MINDFUL WALK**- which has the benefits of both exercising and incorporating mindfulness, which can promote both your mental and physical well-being.

Stop, Breathe & Think. Mindful Walking. (2017, April 26).
Sutton, J. (2020, July 15). What is mindful walking meditation and how can it impact your life? Positive Psychology.
<https://positivepsychology.com/mindful-walking>

For Kids:

Take kid(s) on a 5-10 min. walk and complete the following: Notice 6 things you can see, hear, smell, taste, and feel.

Example: I can feel the warm wind on my face.

For Adults:

For 5 minutes, begin with the intention to pay attention. You can walk slightly slower than normal or just pick a normal pace. Identify the predominant sensations you notice. Pick one sensation and pay attention to it as you walk.

Example: I'm going to focus on my feet with each step.

FUN FACT

No matter how much you try to fix your attention on any of these sensations, your mind will inevitably wander. That's OK— it's perfectly natural. When you notice your mind wandering, simply try again to focus it!