



Try this once a day:

Great for:

Practice in Your Pocket

Mindful Walking- see if you can take a few mindful steps a day, really feeling your feet against the ground and noticing the movement.

1. training yourself to mind to be more aware during transitions.
2. bringing yourself to the present moment.
3. connecting to nature. (which is good for your wellbeing)

Instructions

1. Take off your shoes and socks in a place where you would like to walk. This could be inside or outside.
2. Set a timer for 3 minutes,
3. See if you can take three deep breaths and feel your breathing. Can you notice something new about your breathing today?
4. Begin to walk slowly, feeling your feet move through the air and feeling them connecting to the ground.
5. Continue like this and any time your mind wanders, come back to feeling your feet and your breathing.
6. It will wonder a lot, it's ok just kindly bring it back.
7. As you wonder, see if you can be really quiet and pay attention to everything around you.