

# Mindfulness Strategies

## Walking Mindfully (10 minutes)

Experience the miracle of moving, of not needing to get anywhere with the ancient practice of walking meditation. You can do this inside or outside, wherever it is safe and protected so you cannot trip over. A distance that's enough to walk at least 15 steps in one direction.

*You should practice mindful walking for 10 minutes to start, but try to expand this to 20 minutes.*

- First, take a stance to feel really connected to the earth. Feet hip-width apart and solidly rooted to the ground. Take in the area you are to walk in, keeping your eyes open and looking straight ahead of you. **Not looking downwards.**
- Then, very slowly start to lift your right foot from the ground. Notice the heel peeling from the ground, and the weight shifting onto the left leg and foot. Having peeled the right heel off, observe how you are moving it forwards ever so slowly and gently placing it down exactly one step ahead. While you are placing the right foot down, you are observing the left heel beginning to peel off the ground and the weight shifting back onto the right leg.
  - You may even notice you are walking a bit wobbly because of the slow pace you are walking. Remember, it's very important that you **allow yourself to slow down.**
  - It might helpful to imagine making real footprints in the ground, like walking on a sandy beach.

Reflection:

How were you feeling before doing this activity? *(Be descriptive. Which emotions were you feeling?)*

---

---

---

How are you feeling after doing this activity? *(Describe your emotions to the best of your ability)*

---

---

---

*“As soon as we wish to be happier, we are no longer happy.” ~Walter Landor*