



### WHAT IS MINDFUL WALKING?

Mindful walking is simply walking at a comfortable pace, and bringing your attention to your the steps your feet take. You may choose to coordinate your breathing with your walking pattern.

### HOW DO I DO MINDFUL WALKING?

My advice is to find your own interpretation of the following guidance:

*As you walk, bring your attention to the steps your feet take.*

Walk at whatever pace you wish. Focus on whatever part/s of walking you wish. Coordinate your breathing with your walking, if you wish.

The duration of your walk is up to you. Where you choose to walk is up to you.

All that Mindful Walking requires is for you to bring your attention to your steps, whenever you notice your mind wander. You will have 'good' walks, and not-so-good walks. It doesn't matter. Just keep up your daily Mindful Walking practice.

### HOW CAN MINDFUL WALKING HELP ME?

When someone is suffering from intense or protracted stress beginning a meditation practice can be too big a leap to take. When you attempt to sit still and quieten the mind you might find yourself defeated by feelings of restlessness, boredom and frustration. As a result you abandon meditation practice – it's something you feel you're unable to do.

Mindful activities, like Mindful Walking, can be a powerful introduction to meditation practice. The act of walking gives your mind something to follow, offering a distraction from the downward spiral of negative thoughts. By repeatedly bringing your attention to your walking pattern you are in fact developing the skill of mindfulness. Mindfulness is a path to meditation practice.

### WHAT ELSE CAN MINDFUL WALKING DO FOR ME?

1. Walking can take you physically away from the source of anxiety.
2. Walking can provide a break from your daily routine.
3. Walking offers you an opportunity to get some exercise, and contribute to improving your physical health.
4. Researchers found that walking for 30 minutes each day quickly improved depression symptoms – faster, in fact, than antidepressant drugs typically do.
5. By walking during daylight you are getting light into your iris, and this contributes to the manufacture of melatonin – a brain hormone needed for good sleep. During the REM phase of sleep melatonin is broken down into serotonin (the 'happiness hormone').

**I hope you find this factsheet helpful.**  
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