

MINDFUL MONDAYS

MINDFULNESS means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment in an accepting way. It is a mental state achieved by focusing on the present and living in the now.

MINDFUL WALKING

These exercises may be familiar to those of you who have already been participating in Mindful Mondays. We encourage you to use any of the provided Mindful Monday exercises throughout your week at work or at home. Remember, mindfulness is a skill we learn through practice, and each week our skill improves.



WHAT IS MINDFUL WALKING?

Mindful walking simply means walking while being aware of each step and breath. At some point today, you will most likely walk. You may even intentionally go for a walk. Walking is one of our greatest gifts; when we take our first steps as babies, it's cause for celebration. The very fact that walking is so central to our lives makes it a ready focus for mindful, meditative attention. Mindful walking is one way to promote mindfulness skills without having to make time for formal practice. Walking meditation is a way to practice moving without a goal or intention. It can be practiced anywhere, whether you are alone in nature or with others in a crowded city.

☀️ MINDFUL WALKING ☀️

Walking on this planet is a joy. Mindful walking allows us to be aware of the pleasure of walking. We can keep our steps slow, relaxed, and calm. There is no rush, no place to get to, no hurry. Mindful walking can release our sorrows and our worries and help bring peace into our body and mind.

ANY QUESTIONS OR SUGGESTIONS?

Email Us!
myhealthylifestyles@slco.org

START BY MINDFULLY STANDING

- Notice your body as you stand in stillness. Feel the connection of your body to the ground, or the floor. Become aware of your surroundings; taking in any sights, smells, tastes, sounds or other sensations. Notice any thoughts or emotions and let them be. Notice your arms by your sides or if you prefer, hold your right hand in your left hand at the front, or clasp your hands at your back. Notice your breath, moving in and out of your body. No need to change it; just let it be.

BEGIN MINDFUL WALKING

- Slowly shift your weight to the left leg and begin to lift your right foot up. Move it forward and place it back down on the ground. Mindfully shift your weight to the right leg and begin to lift your left foot up, move it forward, and place it back down on the ground. Continue with this walking... walking mindfully, walking slowly, and paying attention to the sensations on the soles of your feet. As each part of the sole, from heel to toe, touches the ground. Lifting, moving, placing. Lifting, moving, placing. Notice how your body moves as you walk. Walk with awareness. One step at a time.



MINDFUL WALKING

- When it is time to turn, maintain the flow of mindfulness and bring your awareness to the intricate process of turning. Slowly, and with attention to each movement that's necessary to turn, begin to walk back to where you started. One step at a time. Lifting, moving, placing. Lifting, moving, placing.
- Find a rhythm that suits you, that suits your body and your balance. As you move forward, notice your body; notice your head resting in between your shoulders; notice your arms & hands, your torso, and your legs, moving you forward, step by step.
- Notice any thoughts that arise and let them be, then return your focus to the sensation of walking. Lifting, moving, and placing. Notice your breath. Has it moved into a rhythm? A rhythm that fits with your pace of walking, step by step? There's no need to change your breathing, but you might find that it has changed without you noticing it.
- Continue walking, taking care to notice each intricate movement required at the turns. One step at a time. Practice this for the next few minutes.
- As you finish and return to your starting place, be still. Notice the sensations in your body; bring awareness to your breath. Notice the stillness when you stop moving. Take a couple deep breaths. Appreciate the time you have spent today, practicing mindful walking.