



COURAGEOUS
WORKFORCE

Mindful Walking Script

DIRECTIONS FOR PRACTICE

INSTRUCTIONS

Walk for a few minutes or a lengthy period of time. While taking a mindful walk practice staying present in the moment and in all five senses. Pay attention to the environment. Notice small changes in all things around you that come with the changes in weather and seasons.

As you walk relax your body by swinging your arms and moving your head from side to side. Taking a break from the mental chatter in your mind lessens worry and anxiety.

Turn your attention to your breath. Use your deep breath skills to get oxygen to all parts of your body.

As you walk, set an intention to stay present in the moment for a short period of time extending the length of that time each time you walk. When you find your mind wandering, which it will, gently guide it back to the present using these tips:

- Look at the environment as if it was your first time no matter how many times you have walked this path.
- Notice your feet and how they touch and leave the ground.
- Tighten and relax different muscles as you walk.
- Count your breath, noticing any changes that happen.
- Listen for specific sounds. Feel the breeze on your face or the leaves on the ground. Breathe deeply to take in the smells.



A mindful walk is a good option for time before and after visits, school meetings, and court dates.

An effective way break in the day that combines movement with mindfulness.