

Mindfulness Exercises



Mindfulness means living in the present moment and being intentionally more focused on what is happening in your surroundings – without judgement. Mindfulness encourages slowing down and letting negative thoughts pass before responding to situations. When you give yourself time to pause, you likely will notice a sense of calm and a greater awareness of your emotions. Mindfulness as a tool is beneficial for overall wellness and can be utilized at any time with noticeable results. Like anything new, it takes practice to become efficient at using mindfulness in times of need.

Mindfulness Exercise # 6: Taking a Walk

Walking is not only great for our physical health, but for our mental health as well. If we can turn this every day activity into a mindful practice, we can reduce our anxiety or feelings of overwhelm and increase our sense of calm and peace. This is called taking a mindful walk. To engage in this mindfulness exercise, all you need to do is start walking. As you walk, start taking notice of the sensations, sights and sounds of what is around you in the moment. What are you hearing? Are the birds chirping? Is there a breeze blowing? Are there sounds of cars going by? What do you see? Look at the leaves on the trees, take notice of the clouds in the sky, and look at the colour of the grass. What sensations do you feel? Can you feel a breeze or the warmth of the sun against your skin? Does the ground feel hard or soft under your feet? By bringing your attention to the senses, you are focusing your energy into the present moment and living in the now. This in turn increases our sense of well-being and reduces stress and anxiety.