

humantold

Mindful Walking

In this exercise, you'll practice bringing to your experience greater attention and curiosity than usual. You might choose to notice:

- The solidness on the ground beneath your feet.
- The movement and muscle contractions required to balance and walk: the swing of your arms, the push-off of each foot, the contractions in your legs, muscles and lower back, etc.
- Sounds you're creating, like your breath and your footfalls.
- Surround sounds, like birds, trees, cars, and the wind through the trees.
- The sights around you, including things you might have passed countless times but never noticed.
- Smells in the air.
- The sensation of air on your skin and the warmth of the sun.
- The quality of light-its angle, intensity, and the colors it creates.
- The particularities of the sky above you.

This approach can be applied to any experience you choose, from the most mundane to the most sublime.

Book: Cognitive Behavioral Therapy Made Simple By: Seth J. Gillihan PhD

Worksheet by: Janay Bailey, LMHC