

VALDOSTA STATE UNIVERSITY

Mindful Walking: De-stress by staying in the present moment

15
Min

Breathing

Become aware of your breathing. Notice how breathing feels. Do you feel air in your nostrils? Your throat? Does your chest rise and fall? Notice yourself breathing, and keep your attention only on inhaling and exhaling.

Noticing

Filter your attention through one of your senses. Noticing allows you to be more observant and present. Notice the sensation of the wind against your skin. Notice all the sounds you hear. Notice the vibrant colors on campus or in the sky. Notice the smells of nature.

Engage

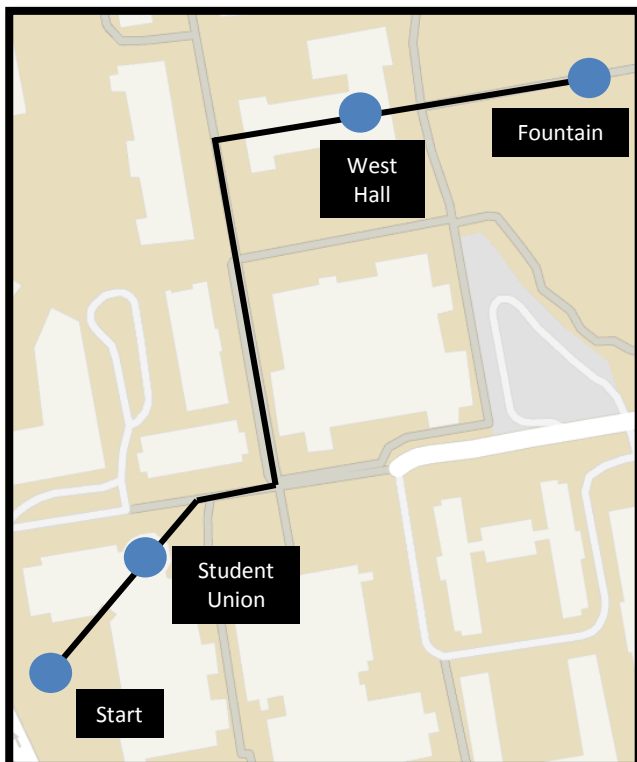
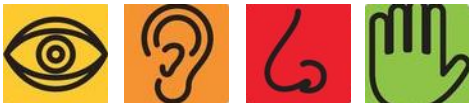
Throw multi-tasking out of the window. Become fully involved in what you are doing. "Be in the zone." Focus your attention on one solitary task. Focus only on walking when walking. Focus only on the other person when talking. Focus on one idea at a time.

Follow these instructions for a mindful walk of at least 15 minutes.

- Begin walk near the fountain in front of the Student Union. Spin and observe the area. Notice the sounds, sights, smells, and how the air feels. After a few minutes, walk inside.
- Enter the Student Union and slowly take the stairs to the third floor rotunda. Notice your breathing now. Be aware of your heart rate. Find a seat and slowly inhale and exhale to the following pattern: 5 seconds inhaling, 5 seconds holding your breath, and 10 seconds exhaling. Practice this breathing pattern and noticing for about five minutes. Leave the rotunda and head outside.
- Begin walking the pedestrian mall to West Hall. Engage during your walking. Focus your attention on walking and your pace. Walk at a slow pace, and do not allow your mind to wander. Redirect your thoughts to walking only. Pay attention to your pace, your feet, which muscles are working, are sore, etc. This will take practice. Once inside West Hall, walk through the building.
- Inside West Hall, notice the changes through your senses. Take a minute to notice what you see, smell, feel, etc. Afterwards, approach the fountain on the main lawn.
- Move close to the fountain and practice the 5,5,10 breathing exercise. Notice the weather, the mist from the fountain, and how your body is responding to the walk.



SENSES USED



Congratulations. You're done. You just enjoyed a mindful walk through campus. Practice these skills, and you can use them when you're anxious or feeling uneasy.