

Walking Meditation

Think of walking as meditation in movement. Taking a walk helps improve mood and calm an overactive, busy mind.

Steps:

1. Make sure you are wearing comfortable shoes.
2. Find a quiet place to walk, preferably in nature.
3. Take a few minutes and begin to focus on your breathing.
4. Once you've spent a few minutes focusing on your breath, start to pay attention to your environment.
5. Decide what you would like to focus on during your walk. Make a commitment to focus on something. Is it the sounds? Is it what you see or what you smell?
6. When you notice your mind wandering, come back to your breath and return to observational mode, reminding yourself of your focus.
7. Continue to walk for ten to fifteen minutes.

No matter who you are, you can't sit still all the time. And some people just find it virtually impossible to stay seated and mindful with the levels of pain and agitation and anger they feel. But they can walk with it.

—Jon Kabat-Zinn