

JANUARY WELLNESS

THE BENEFITS OF WALKING



January 2022 is here. At the beginning of a new year, many of us seek out ways to improve our well-being. This year, you may be able to gain several aspects of well-being through one activity: walking. Walking has been proven to offer physical benefits, but did you know that you can also gain mental health benefits such as relieving stress and boosting your mood? By incorporating mindfulness into your walks, you can capitalize on these benefits.

Here are 6 steps to make your walk more mindful, from the article *“Walking can boost your mood and relieve stress - here’s how to do it right “* by Brianna Steinhilber:

- * **Step 1: Note the physical sensation of walking.** As you walk, become very aware of each motion and movement of walking; such as the feeling of your feet making contact with the ground.
- * **Step 2: Run through your five senses.** Pay attention to any sights, sounds, smells, textures and tastes that are around you as you walk through the environment.
- * **Step 3: Conduct a mindful body scan.** Take a mental scan through your body, noting any sensations such as coolness, heat, tingling, tightness or tension. Do this just with observation, and without judgement.
- * **Step 4: Do an emotional check in.** Do the same with your moods or emotions. Just notice any feelings, without judgement. Realize that there is not a wrong or right way to feel.
- * **Step 5: Focus on your breathing.** Bring your focus to your breathing. Take note of how quick or slow your breathing is. Bring your attention to how it feels as air fills, and then empties, your lungs.
- * **Step 6: Acknowledge and dismiss your thoughts.** Thoughts will pass through your mind as you are walking and being mindful. Simply notice the thoughts, and then take the next step and bring your focus back to your walk.

For additional information, and to read the full article on mindful walking, click here:

[Walking to Boost Your Mood and Relieve Stress](#)