

It's Spring! Reset Your Mind, Outdoors

Socially Distanced Mindful walking is a great way to **declutter the mind, center yourself, and regain mental focus.**

While walking, keep your head up and note your surroundings. If someone is walking towards you be aware and step away from them so you maintain 6' of distance between yourselves.

Use all of your senses.

Listen to the sounds of nature, **visualize** all of the different colors around you, and **feel** your feet touching the ground with each step you take. Notice the air – How does it smell? Can you **taste** it?

If thoughts come into your mind **accept them and gently return** to focusing on your breath, your steps, and your walk.

Try mindful walking for 5-10 minutes at a time with no destination in mind.

Having a destination removes the focus from your current state, excluding the mindfulness factor from your walk.

So, here's to walking with no end in sight WHILE REMEMBERING TO KEEP YOUR SOCIAL DISTANCE. 😊