

Transcript: Mindfulness Series: Episode 2 ~ A Mindful Walk

Instrumental Music 0.00

Shelley Chapin 0:10

From EITA. This is episode two of our mindfulness series. I'm Shelly Chapin. Welcome everyone. In this episode, Jen Furness will walk you through a three minute mindful walk. We met Jen in episode one. Jen is an Educational Consultant with EITA and has a passion for training others on mindfulness, as she continues her own practice. Here's Jen

Instrumental Music 0.32

Jen Furness 0:36

Hi everyone, this is Jen and today we will be walking through a mindful walk. You may be thinking to yourself, "Well, how do I walk mindfully?" Well you decide whether or not you'd like to be barefoot, in your socks, slippers, or sneakers. Listen to some of these benefits before we get start. Not only does walking in general lower the risk of many things that can be damaging to us, like heart disease, high blood pressure, diabetes, stroke, et cetera. But we also have probably found ourselves sitting more in front of the TV or the computer over the last 12 to 14 months. A mindful walk is such an easy way to get your body moving and to really zone in on things that are important to you. So we will use a 5, 4, 3, 2, 1 technique for this walk today.

What I'd like you to do is whether you're inside or outside, we're going to use some of your senses. So first, as you start to walk around, notice five things that you can see. Simply look at the object, whatever that is. Look for five different things.

Now notice as you're walking around, four things that you can hear, these could be cars driving by, birds in the sky, even little cracks that you hear with trees, raindrops falling, listen for four different things.

Now move on to three things that you can feel. Three things that you can touch. This could be anything in your house, a family pet, different types of leaves or grass outside, three things that you can feel.

Move on to two things that you can smell. Two things that you can smell. This could be flowers, maybe something in your kitchen, a candle you have burning.

And finally, wherever you're standing right now, choose to close or open your eyes and think of one thing that you are sincerely grateful for. It could be anything at all that is important to you. But think about one thing that you are grateful for,

Stay in that moment, as long as you would like to and thank you so much for taking the time out of your day to think about you.

Instrumental Music 3:35

Shelley Chapin 3:40

Big thanks Jen. Be sure to explore the other mindful practice podcasts in this series. If you want to learn more about mindful walking, take a look at the posted resource. "What is mindful walking meditation and how can it impact your life?" Take care.