



Living with Uncertainty: Walking Meditation

walking meditation

We are all aware that exercise has been proven to help with both our mental and physical health and wellbeing. While we can practice mindful meditation in many areas of our lives, walking is one of the best ways for beginners to practice, as walking is a familiar part of our everyday lives.

Walking meditation is more than just strolling around; it is about being aware of our bodies and physical sensations through movement. It brings our attention and awareness to our bodies in the present moment allowing us to focus on the here and now and reminds us to have gratitude for how our bodies help us to experience the world in so many wonderful ways.

Walking Meditation

1. Try to take a walk each day for at least 15 minutes, preferably somewhere quiet with fewer distractions
2. As you begin walking, turn your attention to your feet, notice how they touch the ground with each and every step you take
3. Then turn your attention to your breathing, taking note of each inhale and exhale
4. Maybe use your senses to focus on what you can see, hear, taste, smell and touch as you are walking
5. Consider moving your focus around your body, maybe paying attention to how the sun, wind or rain feels on your skin or how your arms move when you are walking.
6. You can also choose to stay focused on just one thing throughout if you find this easier to keep focused in the present moment
7. If you find your mind wandering, bring your attention back gently to focus on your chosen part without judging yourself
8. Most importantly, enjoy the experience of being in the present moment

Please see our **'Living with Uncertainty'** series of posters for more tips on how to manage during times of uncertainty.

Similar activities can be found in our Open Ears Programme, please see:

www.griefuk.org/schools/#OpenEars

for further information and to purchase these programmes for your school.



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