

## Take A Mindful Walk In Nature

### What

Take a short **mindful** walk in nature (could be as short as 10 minutes), but in some ways much more intense than one that is several hours long. This is more personal than taking a [longer walk or hike in nature](#).

It can be quite challenging to walk slowly and paying real attention to your body including every step and every breath and all your senses as you experience nature.

### How

Step outside your house and walk where you are surrounded by trees, bushes, plant life or animals.

On a conscious or mindful walk, it is important to:

- To be consciously aware while moving through the environment
- Walk slower than usual
- Maintain awareness of your body
- Pay attention to all your senses
- Breathe calmly and deeply
- Take (conscious) note of your experiences
- Feel the air against your skin

### When

You can start practising today, but make sure you also complete your mindful walk on [World Values Day](#). There is no goal or objective to meet except the activity itself – and celebrate once you have completed it.

Treat this day as something special and acknowledge it as such - after all, it is [World Values Day](#).

### Why

This activity helps you connect more deeply with the **environment**. It gets you out of your head. It allows you to be **more open**. It helps you get to know your body. Being aware of your muscles and bones and organs in such a way that it helps establish a deeper connection between body and mind.

### Who

Anyone can walk (or even wheelchair) in nature. You can be young or old. Just plan it. Commit to it and do it.

### How to promote on the day / month

This activity is not designed to be promoted to the world. It is all about your inner being and celebrating within. Acknowledging to yourself that you have completed it. Celebrate the achievement.

## Example of Values Realised

|              |                         |               |
|--------------|-------------------------|---------------|
| Appreciation | Curiosity               | Joy           |
| Awareness    | Discovery               | Reflection    |
| Balance      | Diversity               | Resilience    |
| Beauty       | Enjoyment               | Satisfaction  |
| Calmness     | Environmental awareness | Self-reliance |
| Challenge    | Exploration             | Thankfulness  |
| Connection   | Gratitude               |               |
|              | Harmony                 |               |
|              | Health                  |               |
|              | Improvement             |               |

## More Resources

[Mindfully Reconnect With Yourself](#)

[Mindful Walking by Stop, Breathe and Think](#)

[Nature Walks Mindfulness Worksheet by Mindfulness Exercises](#)

[Take a Mindful Hike by Mindful](#)

[What Is Mindful Walking Meditation and How Can It Impact Your Life?](#)

[Walking mindfully in nature by Mindful Therapies](#)