

Why not try....a mindfulness walk?

1) Set aside 5-10 minutes in your day.

2) Head into the garden, or do as your daily exercise (this could also be done in the house but turn all electronic devices off)

3) Focus on the feeling of the ground under your feet. How does it feel? Which parts of your feet feel pressure as you walk? Do you put your toes down first or your heels?

4) Pick three things you can see and, in turn, take a moment to think about them. How big is it? How did it get there?

5) Do as above for three things you can hear, and one you can smell. Also consider the temperature-can you feel the sun on your skin?

6) If you find yourself getting distracted, just come back to the movement of your feet, one foot in front of the other.