

Mindful Walking Exercise:

- **Begin with Awareness:** Start by standing still and bringing attention to your breath. Feel the connection of your feet to the ground and the subtle movements of your body as you breathe.
- **Slow, Intentional Steps:** As you start walking, do so deliberately and slowly. Feel each part of your foot lifting, moving, and making contact with the ground. Let your steps be intentional, allowing your mind to sync with the rhythm of your movement.
- **Engage Your Senses:** Bring awareness to your surroundings. Notice the sensation of the air on your skin, the sounds around you, and the sights that capture your attention. Engaging your senses helps anchor you in the present moment.
- **Maintain Focus:** It's natural for the mind to wander. When it does, gently redirect your attention to the act of walking. Embrace the simplicity of each step and the sensations associated with it.