

# walk<sup>with a</sup> DOC Healthy Living Series

## MINDFULNESS

Mindfulness involves a state of mind accomplished by concentrating your attention on the present moment. Practicing mindfulness daily is a great tool for your mental health as it allows you to better manage your emotions and take in your experiences and feelings without judgment. It has also been scientifically proven to benefit overall well-being and improve self-control.



### How

- Take in your surroundings while you walk - what you see, hear, smell
- Give attention to your breath without trying to change it and observe how you feel mentally and physically
- Focus on one activity at a time (turn off your devices)
- Communicate mindfully by giving the interaction your full attention and respond without judgment of yourself or others
- Eat with gratitude - pay attention to the smell and taste of your food



### Benefits

- Increases self awareness
- Helps regulate emotions
- Fosters better impulse management
- Improves attention span
- Decreases stress
- Helps fight anxiety and depression
- Improves experiences and social interactions



### When

- Daily - try starting and ending your day with a mindful moment
- Anywhere and anytime
- Incorporate mindfulness into every day activities by being present in the moment and taking in all of your senses
- Walk with a Doc always recommends a mindful walk in nature
- The more you are intentionally mindful, the more effortless it becomes. Give it a try and stick with it!

[www.walkwithadoc.org](http://www.walkwithadoc.org)