

HAPPY WALKING

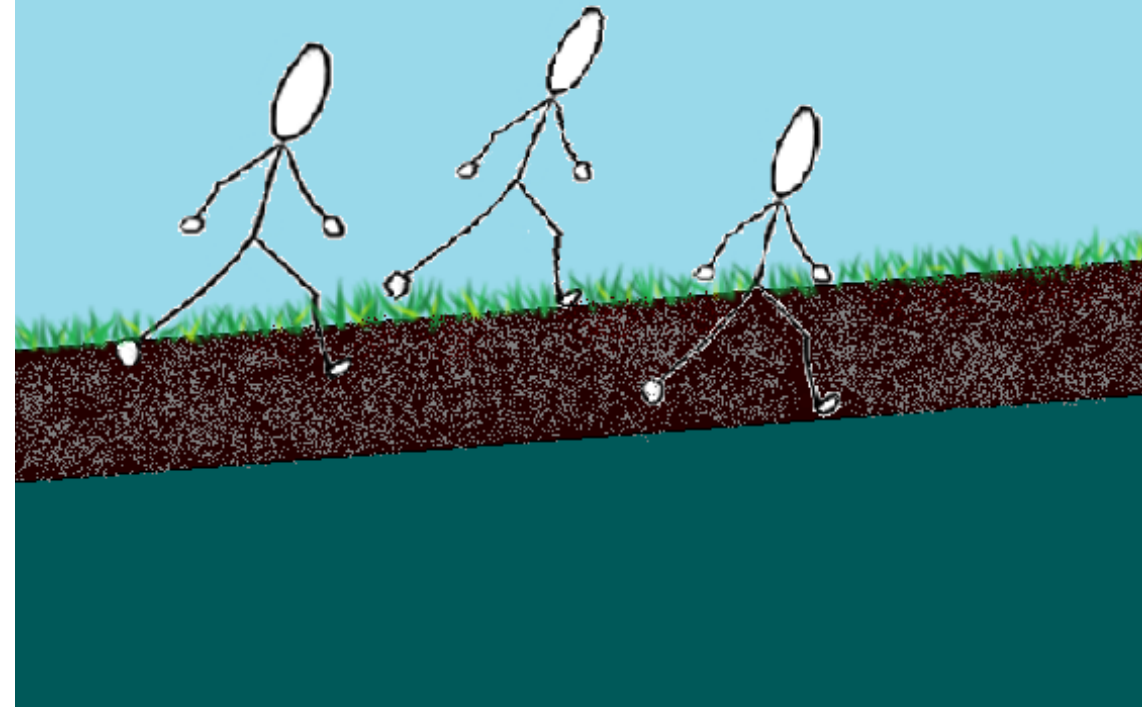
Practice using these skills regularly—including when you are feeling 'okay'.

Figure out which exercises work best for you in different situations.

Don't be afraid to adapt these exercises to suit you.



A Guide to Mobile Mindfulness



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Upper Body — Standing or Sitting.

1. Begin by tensing your stomach and chest muscles by sucking your stomach in. Hold the tension, then release and allow your body to go limp.
2. Next, tense the muscles in your back by bringing your shoulders together. Hold the muscle tightly, tensing as hard as you can. Then release the tension and notice the new feeling of relaxation.
3. Now tense your arms by making a fist and squeezing all the way up your arms. Hold the tension, then release and notice the feeling of relaxation in your fingers, hands, arms and

Entire Body

1. Finally tense your entire body. Your feet, legs, stomach, chest, arms, head and neck. Tense harder, without straining. Hold the tension then release. Allow your whole body to go limp.
2. Begin to wake up your whole body by slowly moving each muscle.



PROGRESSIVE MUSCLE RELAXATION

When you tense your muscles, please avoid straining and if you have any injuries or pain, avoid these areas.

1. Sit or stand in a comfortable position.
2. Begin by taking a few deep breaths.
3. Notice the feeling of air filling your lungs, hold your breath for a few seconds then slowly release the breath.

Lower Body — When Sitting

1. Move your attention to your feet—Tense your feet by curling your toes and the arch of your foot. Hold the tension and notice what it feels like. Then release the tension, notice the new feeling.
2. Next focus on your lower leg— Tense your calf muscles, hold the tension, pay attention to that feeling. Then release the tension.
3. Now, tense your upper leg and pelvis by tightly tensing your thighs together— Hold the tension, then release and notice the tension leaving your muscles.

INTRODUCTION

This guide features 8 basic mindfulness scripts for Mobile Mindfulness and 3 additional exercises. The guide is for both facilitators and those who have completed Mobile Mindfulness.

What is Mobile Mindfulness?

Mobile Mindfulness is an intervention which involves people completing up to 8 sessions of guided mindfulness exercises, whilst walking outdoors.

Our aim is to help people learn new skills that can be used when they are facing anxiety provoking situations.

Benefits:

- Increased confidence in using coping strategies.
- A solid foundation for moving forward, i.e. further therapy, returning to work, managing daily life.
- Small group social interactions.
- A scheduled weekly activity that encourages movement and being outside.



8 WEEK CYCLE

Session 1: Focused Breathing



By taking the time to focus on our breath we gain a deeper awareness of how we are feeling and can reclaim control of our bodies.

Session 2: 3 by 3



Our senses help us reconnect with the here and now. This exercise uses three of our five senses: sight, hearing and touch.

Session 3: The Sense of Touch



By simply holding an object and experiencing it as if it is completely foreign, we can stop worrying, and focus instead on what is in front of us.

Session 4: The Mindful Game



Using the basis of mindfulness: observation, description and participation without judgement, the mindful game is about having fun whilst being mindful.

FOCUS SHIFTING

1. To begin, take a few slow, long breaths and relax.
2. Focus your attention on how you are feeling, name your emotion then envision what it might look like; allow your emotion to form any shape.
3. Now open your eyes and put your focus on an object somewhere around you — *Notice it's shape and colour, think about how it might feel in your hands. Describe it silently to yourself.*
4. Now close your eyes again and focus on your emotions — *Think about what sound may relate to the emotion, i.e. a noise, a song.*
5. Now redirect your attention to your sense of touch, touch an object within reach — *Notice what it feels like, is it smooth or rough, soft or hard?*
6. Again, return to your emotions. Notice any thoughts you might be having related to your emotion — *Make sure the thought is not related to a different emotion.*
7. Finally, take a few deep breaths and bring your attention

SCENT MINDFULNESS



1. Prepare your chosen scent, it could be a tissue with an essential oil, a flower you have picked etc.
2. Take a few deep, slow breaths then hold the scent to your nose and focus your attention to the smell.
3. Notice the different notes that emerge, then let them go.
4. The scent will keep changing—sometimes obviously, other times quite subtly.
5. If you get distracted, notice the thought or feeling, then return your attention to the scent.
6. Hold the scent to your nose again and inhale deeply 3 times.
7. Build an inner picture of the scent or notice something in your environment that reminds you of the scent — *Imagine it as an object, sound, colour, shape, plant, animal, scene, place.*
8. Once again, consciously smell the scent and when you are ready take a few deep breathes then return your attention to your surroundings.

Session 5: Walk and Breathe



Slowing down our walking speed allows us to practice using deep breathing whilst we're out and about. There are some situations where it isn't possible to stop and focus on breathing so learning this technique can be very useful.

Session 6: Mindful Walking



Paying attention to the sensation of walking can help to ground us to the here and now by increasing our self-awareness.

Session 7: Thought Placing

Focusing on a physical or imaginary item that acts to carry thoughts away, can help to declutter the mind.



Session 8: 5, 4, 3, 2, 1

Using all five of our senses, acts to ground us to the present. Some find the addition of smell and taste quite difficult, so it is good to prepare for this beforehand, i.e. sweets, chewing gum, perfume etc.



SESSION 1: FOCUSED BREATHING

1. Find a relaxed, comfortable position. Keep your back upright, but not too tight. Rest your hands wherever they feel comfortable.
2. Notice and relax each area of your body.
3. Now take a deep breath in through your nose for 3 counts — 1..., 2..., 3....
4. Hold your breath for 2 counts — 1..., 2...
5. Exhale completely through your mouth for 4 counts — 1..., 2..., 3..., 4...
6. Notice your belly inflating like a balloon as you breath in and deflate as you breath out.
7. Breathe in for 3—1,2,3. Hold for 2—1,2. Out for 4—1,2,3,4.
8. If you mind starts to wonder then gently redirect your attention to counting your breath.



Note: Follow the pattern for 1-2 minutes. Practice this exercise 3-4 times per day.

ADDITIONAL EXERCISES

These exercises are slightly different to the initial 8 in that they are more suited to indoor environments. We have adapted these exercises slightly, so that they can be used outside whilst on a mindful walk.

Scents Mindfulness



Using scents can draw us back to the here and now. They act to ground us, allowing us to take more control of our environment.

Focus Shifting



Shifting our focus between internal and external sensations can make us more aware of ourselves, our environment and the connection between the two.

Progressive Muscle Relaxation

Systematically relaxing our muscles can provide an immediate sense of relaxation and makes us aware of where we experience tension.



SESSION 8: 5, 4, 3, 2, 1

1. Take a deep belly breath to begin then focus your attention on the world around you.



SIGHT

Start by identifying 5 things you can see — pay attention to colours, patterns, textures.



TOUCH

Now focus on 4 things you feel — these may be feelings in your body or things you feel in your hands or on your feet.



HEARING

Identify 3 things you can hear— sounds you may ordinarily silence out, the sound of traffic or your stomach rumbling.



SMELL

Notice 2 things you can smell—you may be wearing perfume or you might be near some flowers you can smell.



TASTE

Finally, taste, find one thing you can taste— maybe something you've eaten or if you can't taste anything identify your favourite thing to taste.

Take a couple of deep breaths to end this exercise.

Note: *It might be a good idea to prepare for the smell and taste elements by bringing a mint or sweet.*

SESSION 2: 3 BY 3

1. Focus your full attention on the environment around you.

Start by identifying 3 things you can see around you.



SIGHT

Pay attention to the colours, shapes and textures of the object, what stands out to you?

Now draw your attention to 3 things you can hear.



HEARING

Notice sounds you normally tune out, maybe the noise of traffic, the birds singing, the wind in the trees.






Finally focus your attention on 3 things you can feel.










TOUCH

You may notice the feeling of your clothes, how you feel standing or sitting or your body temperature.

SESSION 3: THE SENSE OF TOUCH

1. Find an object that fits perfectly in your hand— ideally something with a texture that is pleasant.
2. Once you have an object get into a comfortable position. 
3. Start by taking in 3 deep breaths — *Inhale and exhale.* 
4. Notice how the object feels in your hand — *Feel where it touches your hand. How does it feel? Where doesn't it touch? Is it light or heavy? Lumpy or smooth?* 
5. Focus on the colour on the object — *Are there multiple colours? Are they dark or light?*
6. Notice areas that are different — *Are the colours the same? Does it feel the same?* 
7. You may wish to place the object against your cheek — *How does it feel? Is it soft or hard? Cold or warm?* 
8. Now focus your attention back on your breath — *Inhale and exhale.*

SESSION 7: THOUGHT PLACING

1. Sit or stand in a comfortable position and either close your eyes or rest them on a fixed spot. 
2. Visualise yourself sitting in a relaxed place, by a stream, a beach, or where you are right now. 
3. Choose an object in this scene that is able to move in then out of your view, i.e. a leaf, duck, car.
4. As each thought enters your mind, place it on your chosen object; let it float, swim or drive by. 
5. Do this with each thought and acknowledge them whether they are pleasurable, painful or neutral.
6. If the thoughts stop, continue watching the scene.
7. Allow the movement to go at its own pace, don't try to speed up or slow down the thoughts. 
8. If your mind says "I'm doing it wrong" or "I'm bored" then place these thoughts on an object too. 
9. If the object gets stuck, allow it to stay there until it is ready to move by. 
10. When you are ready, bring your attention back to this space. 

SESSION 6: MINDFUL WALKING

1. Start by focusing on your breath; in and out.
2. Bring your awareness to your environment; cars, people, road signs.
3. Begin by walking at a natural pace, notice how your body feels. Are you feeling light or heavy? Relaxed or stiff?
4. Notice how the soles of your feet feel — Your socks and shoes. The sensation of your weight shifting as you walk.
5. If you get distracted, let your thoughts be, then carefully bring your attention back to the experience of walking.
6. Become aware of the sensation of each part of your body; your ankles, calves, knees, thighs, back, chest, shoulders, arms, neck, head.
7. For a few minutes expand your awareness to your environment, label any sounds or objects you notice.
8. Without trying to change the way you are walking, simply observe how it feels.



SESSION 4: THE MINDFUL GAME

1. Select an object that you will see a few times on your walk, i.e. a red car, a white house door.
2. As you walk pay attention to your environment and keep a tally of how many times you see the object you have chosen.



SESSION 5: WALK AND BREATHE

1. We will be counting our breath by using our steps.
2. Breath in for 3 slow steps.
3. Hold your breath for 2 steps.
4. Breathe out for 4 steps.

Note: Everyone's strides are different, so it may be that you find it easier to follow a 5, 3, 7 pattern or 2, 1, 3 etc.

The exercise can be quite challenging, so make sure you walk slowly and focus on counting your breaths.

