

Walking For Mental Health

Presented by ComPsych® Corporation



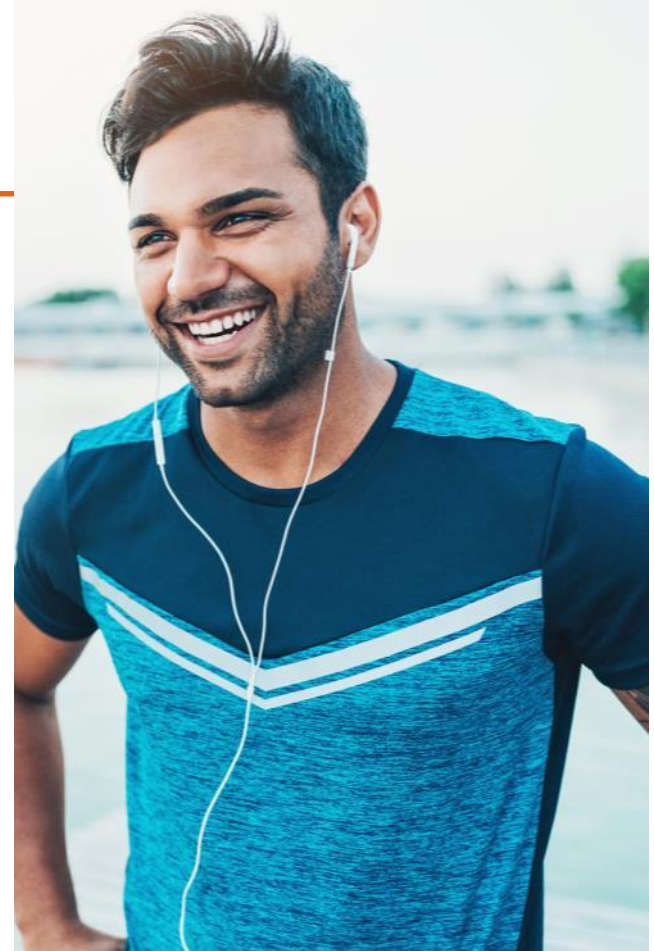
Stay Ahead of Performance, Productivity and Health Issues

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Walking Promotes Mental Health

Walking can:

- Reduce stress
- Encourage a meditative state
- Boost stress-relieving endorphins
- Increase energy and reduce fatigue
- Improve a person's mood



How To Walk For Stress Relief

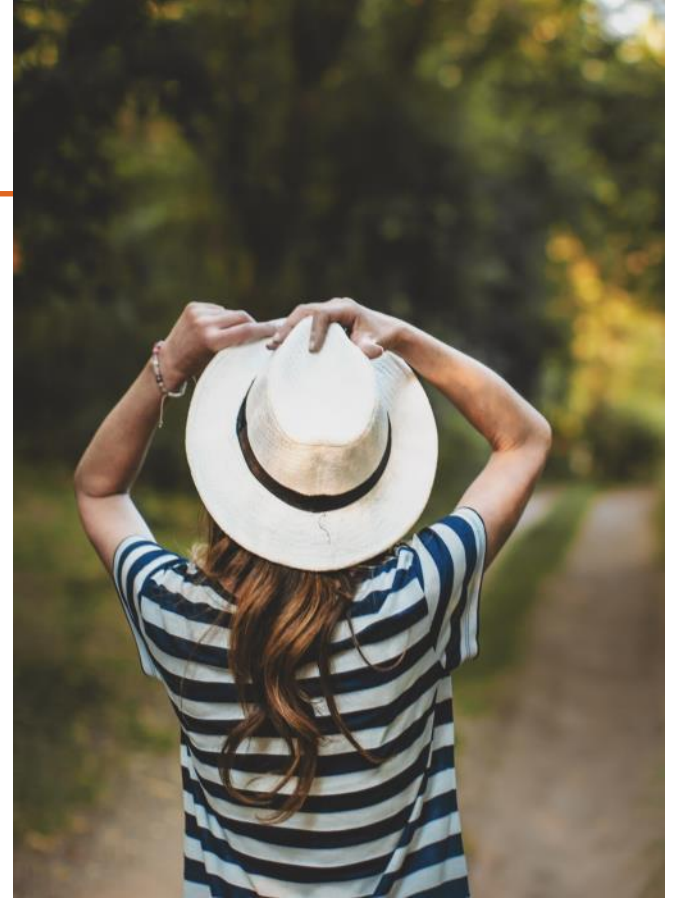
A few steps to begin a walking program:

- Consult with your doctor
- Start small
- Plan your walks
- Buddy up
- Change your routine as needed



The Benefits Of Meditative Walking

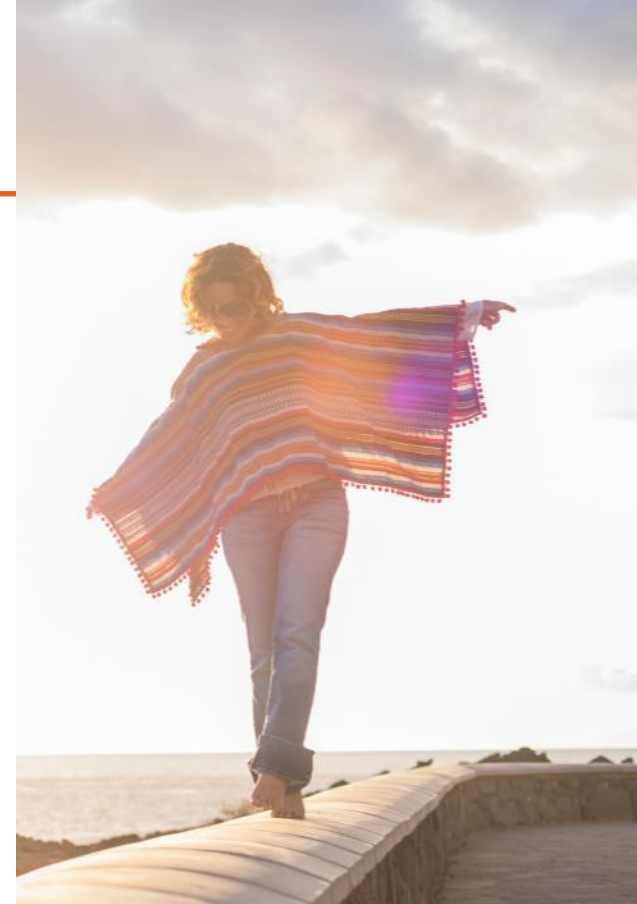
- Connection to the environment and the present moment
- Change of momentum
- Greater body awareness
- Better concentration



How To Walk As A Meditative Practice

- Commit
- Find a location
- Start your steps
- Think about each step's components
- Low speed
- Notice, observe, and feel
- Re-Focus
- Add walking meditation to daily life

(from the Kabat-Zinn Mindfulness Based Stress Reduction program)



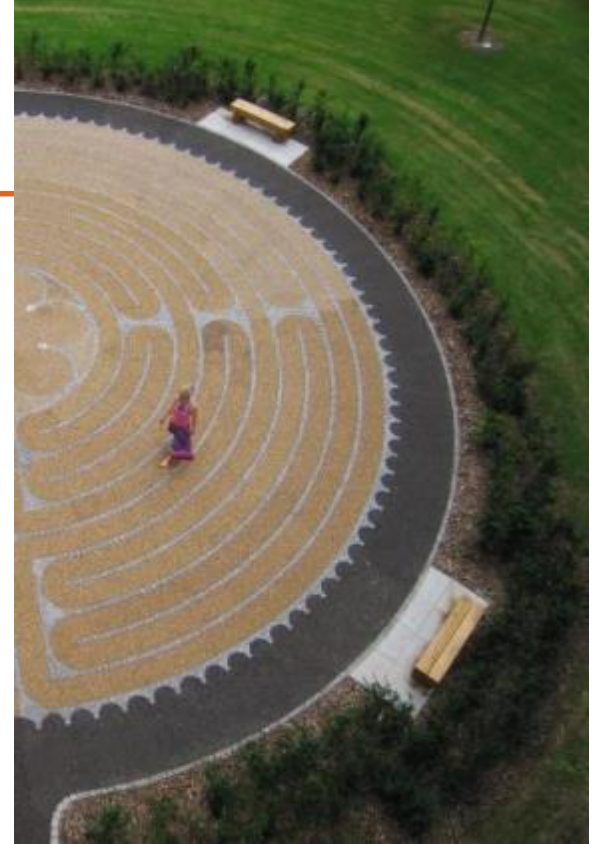
What Is Labyrinth Walking?

- Millennia-old practice
- Found worldwide
- Walking through circuits of concentric circles
- Provides a template for meditation
- Can help to quiet the mind and recover a balance in life



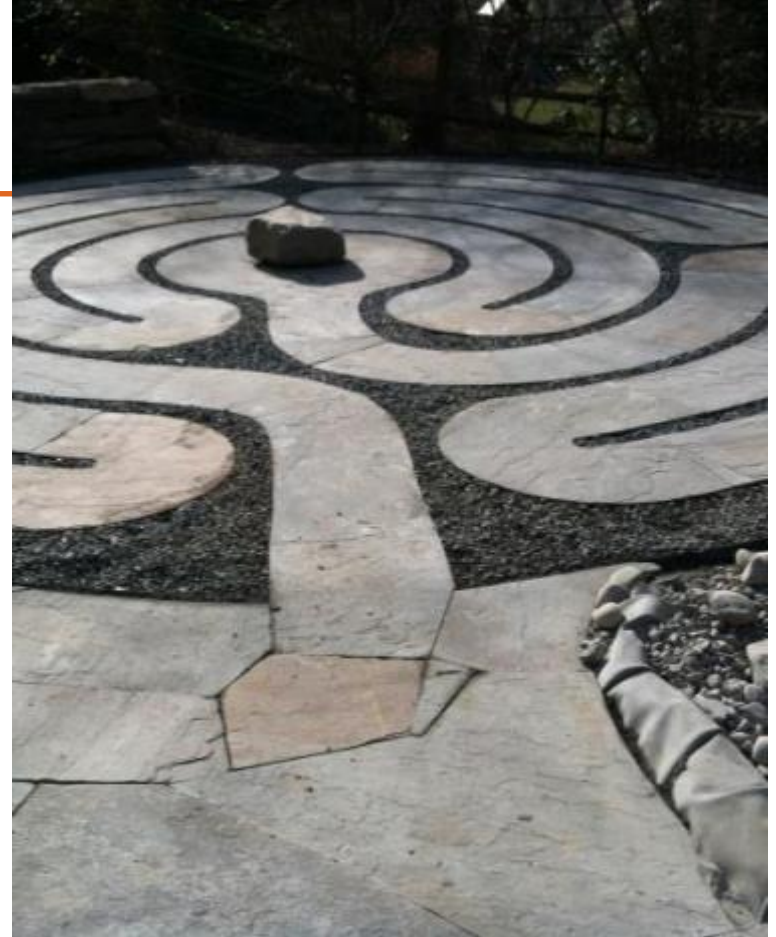
How to Practice Labyrinth Walking

- Stand at the entrance to the labyrinth
- Take a couple of deep breaths
- Acknowledge your coming journey within the labyrinth
- Begin your walk
- Keep your mind quiet
- Pause upon reaching the center
- Walk out the way you came in



Locating A Labyrinth

- Visit labyrinthlocator.com
- It includes labyrinth locations, pictures, and contact details
- 5700 labyrinths in 80 countries



The Benefits Of Walking In Nature

- A break from the noise
- Improved energy from solitude
- Blood pressure drops
- Stress levels are reduced
- Concentration and mental clarity improve



Ways Of Walking In Nature

To try Forest Bathing:

- Eliminate any distractions
- Leave behind your expectations
- Walk, pause, and look
- Find a place to stop and listen
- Resist talking until the end of the walk



Physical “Grounding”

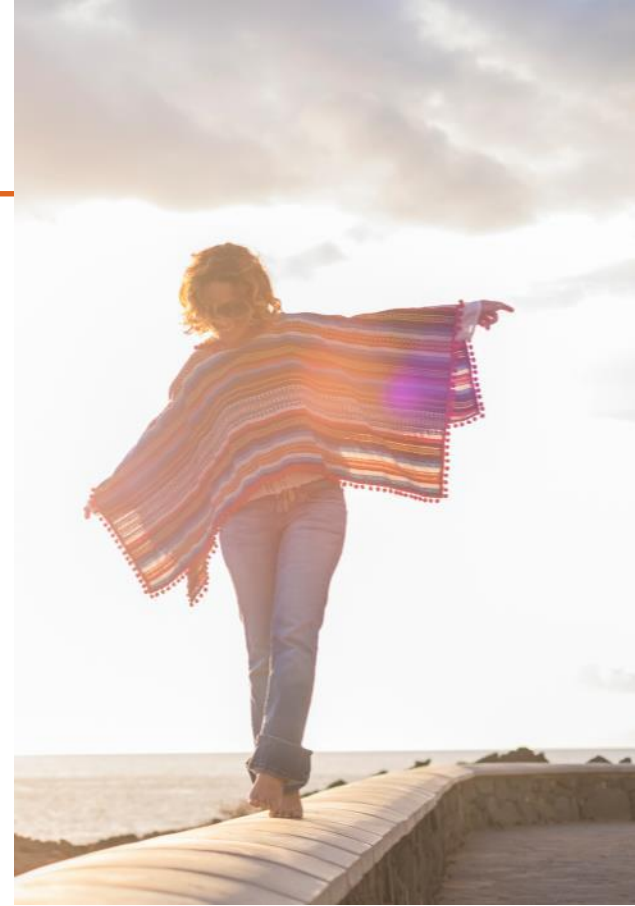
The idea behind Grounding is that when we equalize the electric potential between our body and the Earth, we can:

- Lower stress levels
- Boost positive moods
- Influence better sleep

This connection commonly occurs when walking barefoot outside

How To Practice Grounding

- Find a natural, SAFE environment
- Remove your shoes
- Walk



Summary

Understand ways in which walking can provide stress relief

Know some first steps for walking as a meditative practice

Review labyrinth walking as a way to quiet the mind

Know how to maximize the benefits of walking in nature

Discuss the concept of physical “grounding”

Thank You for Attending

You can get help to make these changes, or get confidential support, expert information and valuable resources, when you need it the most

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Go Online: guidanceresources.com



**Click the link below to complete the
Walking for Mental Health Quiz
and then submit.**

[Walking for Mental Health Quiz](#)

