

Refresh from Stress: Refresh Walk

Self-Guided Walk

Purpose: this light activity will relax you, release tension, lower your stress level and give you an endorphin boost to carry you through the day. It is a mindful walk, which means staying in the moment rather than focusing on speed while you are moving.

Start of Walk

- As you walk, notice, without judging, your thoughts, body sensations, sights, smells and sounds. Feel the air on your skin and the ground on your feet.
- If you have a hard time staying in the moment, this is common and okay. Just notice, take a breath, and take another step.
- Walk for 5 minutes from your starting point, then pause for mid-walk check-in.

Mid-Walk Pause / Questions

- What are some thoughts and sensations you have noticed so far?
- How different is the “Refresh Walk” from your usual walking?
- After your mid-walk check in, spend 5 minutes walking mindfully back to your starting location.

After Your Refresh Walk

- Spend 5 minutes stretching and briefly reflecting on your walk.
- You can utilize the stretches below or use others you feel comfortable doing. Please stop if you experience pain.
- End of Walk Questions:
 - Did you notice feeling more refreshed or a release of emotional and physical tension?
 - How can you practice mindful walking in your everyday life? Ex. Walking to the car, the grocery store, to meetings, etc.



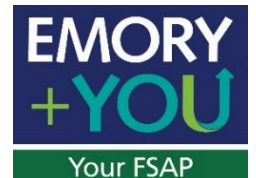
Step forward stretch: Place foot forward toes pointed up place hands on adjacent hip and press away from foot. Apply to other leg.



Shoulder & Back stretch: Gently interlock fingers, palm facing out, reach vertically towards ceiling.



Behind Back Lock stretch: Gently interlock fingers, palm facing out, reaching towards floor. Head stays in neutral position.



Thank you for participating! We hope you will enjoy more refresh walks in the future.