WORKSHEET 39 · FOR THE PSYCHOLOGIST

Mindful walking

Paying attention to the walking body

AIM

Offer a mindfulness practice in movement, often more accessible than sitting meditation for restless or anxious people.

WHO IT IS FOR

Anxiety, restlessness, rumination, difficulty sitting still. Adults and adolescents.

DURATION

5-15 min

HOW TO RUN IT

1. Present walking as a meditation: you are not going anywhere, you walk for the sake of walking.
2. Guide attention to the feet: contact with the ground, how the step unrolls, the shift of weight.
3. Then widen to the whole walking body, and then to sounds and surroundings.
4. When the mind wanders, notice it and come back to the feet, without judging yourself.
5. Suggest a 5 to 10-minute practice each day, at home or outside (for example on a regular journey).

POINTS TO WATCH

> Adapt the pace to the person's physical abilities. Outside, keep enough attention on the surroundings (traffic).

REFERENCES

Kabat-Zinn, J. (1990). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Delacorte.
Segal, Z. V., Williams, J. M. G. & Teasdale, J. D. (2013). Mindfulness-Based Cognitive Therapy for Depression (2nd ed.). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 39 · WORKSHEET TO HAND OUT

Mindful walking

You don’t need to be sitting down to practise mindfulness. You can walk while paying attention to your body, without trying to get anywhere.

1. Walk a little more slowly than usual.
2. Feel your feet: the heel touching down, the foot unrolling, the weight shifting from one leg to the other.
3. Widen your attention to your whole body, then to the sounds and what is around you.
4. When your mind wanders, notice it and come back to your feet.

Day	Where and how long	What I noticed	Tension afterwards /10

What do I notice that is different when I walk like this?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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