**Safer Mindful Walking**

There are a lot of things going on in the world that can be overwhelming. Use this mindful practice to find peace, and steadiness.

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**Before your Walk:**

- Decide on a "safe" route and a final destination.
- Choose a path you are familiar with.

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**While Walking:**

1. Breathe deeply as you walk,
2. Observe what is going on around you.
3. Be present about how your body feels as you move through the world.
4. Look both ways before you cross the street.
5. Make sure you are able to hear all the street sounds and warning sounds around you.

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**Post Mindful Walk:**

1. Drink water.
2. Thank your body for it's practice.

For further reflection, and deeper insight, write a short journal entry for yourself reflecting on your walk, things that you saw, the sounds that you heard and the way that your body felt.