



Mindful Road

Participating in a Mindful Road activity has many benefits. Being outside and moving your body while being mindful of what you're doing in the moment is a healthy way to nurture your mind and body. It increases your level of physical activity and improves overall physical health. It offers an opportunity to belong to a community that values personal wellbeing, invites social interaction, and improves mood and mental health.

Finally, it offers a break from our busy, virtually connected, deeply plugged-in lives and reconnects us to the beautiful sounds, textures, colours, and fresh air that Nature offers.

Making it a mindful experience

Here are some tips to help promote connection, add meaning to the experience, and be mindful and present during this activity:

- Look around you, observe what you see, and describe it in your mind. What do you notice? Does anything stand out? How does it feel?
- Pay attention to where your body makes contact with the world around you: footsteps on the pavement, the air on your face, the temperature of your skin, the various sounds around you. What do you notice? Does anything stand out? How does it feel?
- Listen to a guided meditation during the activity; allow it to help you stay connected and present in the moment.

Preparing for the activity

There doesn't need to be any other reason to join the Mindful Roads community other than for the inherent benefits described above; however, you may also want to set personal intentions or goals for this activity. Here are some ideas you can draw upon, if you like.

Take a deep breath and ask yourself if you need anything today.

- "What would I like to get out of this Mindful Road activity?" E.g.: I want to move toward my self-care goal.
- "What mindset would I like to foster during this Mindful Road activity? E.g.: I want to foster positivity, self-compassion, empathy, calm, etc.
- "By doing this Mindful Road activity, what would I like to create space for? E.g.: I would like to create space to reflect on a challenging interaction I had the other day.

General tips

- Move at a comfortable pace and wear comfortable clothes
- Remember to take deep breaths
- Stay safe
- Be mindful of your route and surroundings
- Consider the weather (sunblock, umbrella, etc.)
- Stay hydrated