

Mindfulness
Walk
With my Dog

* DATE

* TIME

TUNE INTO YOUR SENSES	WATCH YOUR PUP/BESTFRIEND
Feel the ground beneath your feet, listen to the sound of your dog's paws, and smell the fresh air	Pay attention to what your dog is doing. Are they sniffing that interesting patch of grass? Wagging their tail at a passing bird?
COUNTING YOUR BLESSINGS	SILENT STROLLING
While you're walking, think about things you're grateful for.	Try walking in silence for a bit, focusing just on your steps. It is a meditation on the move. Research from 2013 suggests it can help calm anxiety

What Did You Observe About Your DOG?	What Did You Observe About YOURSELF?

● **TAKE AWAYS**

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