

A TOOLKIT FOR PROFESSIONALS  
MINDFULNESS AT WORK

---

## Mindful Walking

The way we speak has an immense impact on ourselves and those around us. Mindful speech can be incredibly challenging, particularly when we're in the midst of a difficult conversation. However, adopting this practice in the workplace is essential. Awareness of how we speak can have a positive impact on the wellbeing of all those within our company.



### HOW TO PRACTICE WALKING MEDITATION:

- Find an open space where you can practice mindful walking, either in a large office, hallway, or safe outdoor space.
- Choose the path you will take ahead of time (ie: a straight line or around the perimeter of a room).
- Take a moment to ground into both your feet. Note your connection to the floor beneath you.
- Then, slowly lift your right foot while silently noting, "lifting." As you place your foot down, silently note, "landing." Repeat with the second foot.
- Continue slowly walking while noting the phases of each step – "lifting" and "landing."
- Walk for 3-5 minutes or until you have finished your path.
- Finish by taking a few deep breaths to observe your connection to the ground once again.

### OPPORTUNITIES FOR INTEGRATION:

You can also try walking meditation less formally. For instance, try walking to the train, to your next meeting, or to your boss' office while mindfully walking. Leave your phone or other distractions aside. Instead, pay mindful attention to the following:

- How fast or slow you are moving
- The feel of your feet connecting to the earth
- How each part of your body engages
- Notable features of the environment around you