

Mindful Walking - Webinar Transcript

HEIDI MEHTA: Mindful walking webinar. My name is Heidi Mehta. I use she and her pronouns. I am a registered social worker with a Master's degree in Social Work and I'm a student wellbeing counsellor at George Brown College. Today we are going to do an exercise called mindful walking. Please find a small space where you have enough room to touch the ground or the floor or the carpet with your feet. To begin this mindfulness exercise, I think it is very important for us to do a land acknowledgement.

George Brown College is located on the traditional territory of the Mississaugas of New Credit and other Indigenous peoples, past, present and future. We wish to express our gratitude for the opportunity to peaceably and responsibly share the land around the Great Lakes.

What is Mindfulness?

"Mindfulness is not hard work. It's very pleasant and relaxing and we don't need extra time to do it. There's an art to finding creative ways to generate the energy of mindfulness, peace and happiness in everyday life". Quote by Thich Nhat Hahn. Another quote by Thich Nhat Hahn about mindful walking:

Walk and touch peace every moment.
Walk and touch happiness every moment.
Each step brings a fresh breeze.
Each step makes a flower bloom under our feet.
Kiss the Earth with your feet.
Print on Earth your love and happiness.
Earth will be safe when we feel in us enough safety.

How to do Mindful Walking – an Invitation

And now, I'd like to invite us to do walking mindfulness. So, if it is available to you, stand and stretch. Plant feet firmly on ground. Observe any qualities of or feelings in the feet. Maybe both feel the same. Maybe both feel different. Maybe they feel cold. Maybe they feel warm. Maybe they feel sensation of the grass underneath them. Continue to observe. Now gently raise only the heel of one foot. Notice how that feels. Bring your foot gently back to the ground, noting the difference between the two feet. Repeat on the other side, paying attention to the mechanics of the feet and all that is required to do this action. Start lifting each foot and putting it down, walking on the spot, observing the sensations as you do so.

Begin walking slowly while paying attention to what it is like to lift each foot individually and place it back on the ground. Experiment with what it feels like walking at different paces and indifferent directions, noting what gives us a sense of balance. Is it going faster? Is it slower? Is it a certain direction?

Thank you for participating in this brief mindfulness activity. I hope that you can incorporate it into your life to increase joy and awareness as we do with practicing mindfulness.

Wrap Up

In conclusion - our wrap-up, I would like to say that if you would like more information about our counselling and wellbeing services for students at George Brown College, please visit our website at www.georgebrown.ca/current-students/services/counselling.

After hours, if you feel the need to talk to someone, as a student you may contact Good2Talk at 1-866-925-5454 or text Good2Talk at 686868. Or, if you are not a student or in crises, you may call the Gerstein Centre at (416) 929-5200.

Thank you so much for joining today. It was a pleasure to have you and I hope you enjoy the rest of your day.