

Instruction of Mindful Outdoor Walking



Study title: The Effects of Outdoor Mindful Walking on Sleep Quality and Mood

Dear participant,

Thank you so much again for taking part in this 7-day outdoor mindful walking sessions. Here is an instruction to guide you on how to be mindful while you walk.

- When you start your walk, please remember to walk slowly and steadily and observe your body sensations.
- Be aware of the environment around you during each of your walk – to notice the smells, sights, sounds, temperature.
- While you are walking, try to focus on your body. Your breaths, footsteps, and your moment-to-moment experiences without being lost in mind rumination about the things you are worrying about.
- If your mind wanders, try to return your focus to the environment where you walk.

Please do not wear headphones during your walk. Be mindful and focus on the present moment.

I hope you enjoy this journey!

