



Brackenhurst Mindfulness walk

15–30 minute walk

Take some time to check in with yourself.
We often only pay attention to how we are feeling when something is wrong.

But doing this regularly can help us take action before things go wrong.

We sometimes live life at 100 miles an hour, with the foot constantly on the accelerator and we ignore how we are doing. So having a check in, like taking the car for a service, is really good for us.

How to use this guide:

This mindfulness walk has been designed to guide you around the gardens on Brackenhurst campus. There is also a set of mindfulness exercises on page 3 that you can choose to do at any point along the walk

The Walk

1. From the library, walk down Hicking Lane, past Brack Bar. At the Victorian walled garden, take a right into the woods. As you approach the Summer House, take the path to the right and go through the yew hedge into Saxby garden.

3. Enter the rose garden. Pick a spot.

5. Once you enter the woods, you'll see a fork in the path. Decide which path to the boathouse you feel like taking today.

2. Exit via the steps towards the Main Hall. Stroll along the gravel path, passing the majestic cedar tree. Walk through the pillars towards the bench and take the path on the right.

4. Heading towards the field, exit the garden and turn left before the metal gate. Carry on down the verge until you hit the path. Follow the path into the woods.

6. The walk ends at the boathouse.

You are now at the end of your mindfulness walk. Take this moment to reflect on the walk you have just done.

Be the captain of your own ship and make things happen by getting out of your comfort zone – great things can happen!

You now have the option to choose which path you would like to take back to the boathouse bridge.

- Consider the path you are on right now within your life and think about the next path you want to take.
- Think of a time when you have needed to make a big decision in life. How did that feel and how did you work through it?
- Sometimes we often forget how we worked through difficult times in our lives, but it's important to remember that with each difficult obstacle comes resilience and the chance that we will be able to cope much better, next time around.



Mindfulness exercises

1.

Check in with your mind and body.

- Is your mind full?
- How is your body feeling?

Everyday stresses and anxiety have a way of affecting our body. To release physical tension, tense your body and take a deep breath in.

Let the breath out, relaxing the parts that feel tense. Slowly feel your body starting to relax.

2.

Often when we have a lot going on, we internalise them and forget to look at the outside world and the bigger picture.

- Take a good look around.
- Can you feel the sun on your face or hear the birds singing?
- Is there a breeze blowing through the trees or is it silent?

Take some time to observe the natural objects around you.

- Notice their shape and colour, how they feel to touch, their smell, their weight.

We often easily miss the little things in our busy day to day life, so take some time to be aware of your surroundings.

3.

- This is a time for contemplation.
- Slowly take 4 deep breaths in and out, slowly counting 1,2,3 in the inhale and 3,2,1 on the exhale. The breathing will help to calm the mind and relax the body.





We also run led-walks during term-time.
To find out more contact healthyntu@ntu.ac.uk

Here to help

You can get advice on a range of issues and problems from Student Support Services.
Our teams are available at all our campuses, so you can get the help you need when you need it.

Simply visit www.ntu.ac.uk/studentservices or email us at student.support@ntu.ac.uk and we'll get back to you.

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