



City Arboretum 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 Arboretum near to City 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. Starting at Waverly Street entrance where the stone bench is:

Before you start your walk, take some time to check in with yourself, maybe sit down on the stone bench or find a spot near that you feel comfortable in.

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

3. From here walk the top of the path and continue out of the flower garden area continuing straight until you get to the wooden head statue, then take the right path towards the bandstand.

5. When you are ready continue the walk past the tunnel taking the path all the way to the bell tower to enjoy the garden.

2. Then take the left path and take a moment to enjoy the flower garden. Perhaps if it's a nice day sit and take in your surroundings.

4. Continue this path until you meet a quiet bench off the main path – take a moment to sit here and perhaps pick a mindfulness exercise.

6. Now turn left and make your way down the hill back towards the entrance that you started at.

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!



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

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