



# Wellbeing

## Mindfulness

### **Moving and rhythm - Being watchful, being mindful**

Moving; It's good to move. Whether you're an enthusiastic runner, cyclist or swimmer, or whether you enjoy yoga, dance or perhaps you have limited movement - it's great to be as active as we can, whatever our level or ability.

In the middle of this Coronavirus pandemic many people have been walking as part of their daily exercise. Walking is great – great for our health as it reduces our chances of having a stroke, reduces the risk of heart disease and can also reduce some types of cancer. Walking is about self-compassion and self-care too. It is good for our minds, and even our mood. Walking can help with depression and it strengthens our mental health. Walking can also create an awareness of ourselves and the world around us.

Have you noticed how sometimes we can look, but we don't truly see? It means we miss so much. But walking is slower; it's slower than being on a bike, slower than running and when we walk, if we choose, we can really see things. Being watchful, is truly seeing - watching the dandelion grow out of a cracked pavement, watching seeds disperse or blossom bloom. Watching a bird struggle for a worm or seeing a spider dance across a sunlit, dew encrusted web. It's taking it slow.

Taking it slow creates a new rhythm, it's a humbling experience. It's about being mindful. The patience to see the infinite in the tiny - the sun refracted in a puddle. The tiny in the infinite - the bee in a deep blue sky. Being mindful connects us to patterns and rhythms of nature – even in the busiest cities they are there. When we are mindful of these we can watch more, we can see the interconnected patterns and rhythms of life, not just in nature but between people. Being mindful is a reminder of our humanity, it's a reminder that we belong to each other. It's about kinship. You see, we are mindful of ourselves so we can love, be kind and care for others. Right now, that seems more important than ever.

For more on the health benefits of walking see here: <https://www.nhs.uk/live-well/exercise/walking-for-health/>