

"Mindful Living" Video Series: Mindful Walking

"Mindful Living" video series

helps us integrate mindfulness into daily life

for enhancement of mental health

There are seven mindfulness practices tailored for elderly people

They are of different durations

some with more movement and some with less

Choose the practices that best suit your needs

and join us to experience the wonders of "Mindful Living"!

Sorry, I'm late

That's okay, take your time. There's still time

I'm so used to rushing around

My friends keep telling me to slow down

but old habits are hard to break

On my way here

I kept thinking about what happened at home this morning

and the things I have to do later

I almost tripped and fell

Are you alright then?

Thankfully, I'm okay

I think it's time for me

to change my habit of walking too hurriedly

In that case

let me introduce you to Mindful Walking

Before the mindfulness practice

there are a few things to keep in mind

Remember to watch this video first

We have many opportunities to walk every day

When you walk

do you usually let your mind wander here and there

or do you pay attention to each step you take?

In fact, walking does more than taking us

from one place to another

If we can pay attention to every step

walking can also help us ease agitation

restlessness, and other emotional distress

allowing us to restore inner peace

The most important aspect of this practice is

to take each step with steadiness and stability

If there is a risk of fall

this practice may not be suitable for you

If you are a beginner to this practice

walk at a pace that is slightly slower than usual

but still allows you to maintain balance

This will give you more opportunities
to notice the sensations in each step
After becoming familiar with this practice
you can speed up gradually
resuming the usual walking pace in daily life

This is the practice of Mindful Walking
Now, find a path where you can walk safely
for about 5 to 10 steps
Both indoors and outdoors are fine
Begin by adjusting your standing posture
Feet slightly apart
about shoulder-width
Soften the knees
Relax the legs naturally
Let your arms hang down at ease by the side
Direct your gaze softly ahead
Breathe naturally
Now gently bring attention
to the soles of your feet
Feel the weight of the whole body
transferred down to your legs and feet
grounding yourself firmly on the floor
You may also slightly

flex your knees a few times
to get a clearer sense of
the sensations in the legs in this moment
When you are ready
transfer the weight of the body to the right leg
then slowly lift your left foot
Consciously move it forward
and place the foot back down
until the entire sole of the left foot is in contact with the floor
At the same time, transfer the weight of the body
to your left leg
Once the weight
is fully transferred to your left leg
lift your right foot
slowly move it forward
and place it back down on the floor
Pay attention to the sensations when the foot is in contact with the floor
and when the weight of the body transfers to the right leg
Notice the changing sensations
in the legs throughout the process
Repeat these four steps
Transferring weight, lifting the foot, moving forward, and placing the foot down
Or simply notice the sensations in the soles of the feet
when they make contact with the floor

and the sensations in the legs as you walk

Slowly walk from one end of the path to the other

At the very end of the path, pause for a moment

then slowly turn around

Notice clearly how each part of the body

moves to change direction

before continuing walking

As you walk up and down the path like this

as best you can, pay attention to the sensations in your feet

as they contact the floor

the sensations in your legs

Keep your gaze directed softly ahead

When you notice that your mind has wandered away

and no longer pays attention to the sensations of walking

gently bring your attention

back to the sensations in your feet and legs

You could use the sensations as the feet make contact with the floor

as an anchor to calm your mind

reconnecting with your body

in the present moment

You may also choose

to stand still for a little while

bringing attention back to the legs

before resuming your next step

As you prepare to end
this Mindful Walking practice
allow yourself to gradually come to a stop
Stand in place
with your feet slightly apart
about shoulder-width
Soften the knees
Relax the legs naturally
Tune in to the sensations of the whole body in this present moment
the sensations of the legs
supporting the weight of the body evenly
Take a few moments to rest here

What are you two talking about?
I actually have a question for you
During the practice just now, I felt a bit bored
and somewhat agitated too
What can I do about it?
You can try to accept these emotions
See if you can explore with curiosity the physical sensations
brought by these emotions
Or you can bring your attention
back to the sensations as the feet contact the floor
as an anchor to calm your mind

When practising Mindful Walking
do we have to walk very slowly?
If you're a beginner to this practice
a walking pace slightly slower than usual
makes it easier for you to pay attention to the sensations in each step
But the most important thing is
to walk at a pace that allows you to maintain balance
After becoming familiar with it
you can walk at your normal pace
In this way, when you go shopping
take public transport or go for a stroll
you can bring awareness to each step
and integrate mindfulness into your everyday life

If you have any other questions about the mindfulness practices
visit the website of Elderly Health Service for more information