**June 2025 Well-Being Activity**

June 7th is National Trails Day, and June is also Alzheimer's and Brain Awareness Month. This month, we are combining these themes to focus on mindful walking in nature. Mindful walking is about being fully present - engaging your senses of sight, sound, smell, and touch with your surroundings, noticing your body's movement and breath, and gently redirecting wandering thoughts back to nature. This practice can lead to improved mood, increased awareness, enhanced problem-solving, and better physical health.

**Please note:** this challenge will take place over a two-week period!

**Challenge:** Mindful walks – reconnect with nature

**Challenge details: You must complete all four steps below:**

1. Track Your Baseline Walks (Week 1):

* Take at least two walks in nature during the first week. These can be around your neighborhood or on a trail. The focus for this week is simply on exercise and initial observation.
* For each walk, track the distance traveled.
* Reflect after each walk: How did you feel physically and mentally during and immediately after these walks?

2. Set Your Mindful Goal (Start of Week 2):

* Review the mindful techniques listed below. Choose ONE technique that resonates with you to actively practice during your walks in Week 2.
  + 5 Senses Check-in: As you walk, intentionally notice: 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 emotion you feel.
  + Body Awareness: Pay close attention to your body's sensations: how your feet connect to the ground, the rhythm of your legs, your posture (adjusting for good posture), and the depth and steadiness of your breath (inhale and exhale deeply).
  + Alphabet Nature Walk: As you walk, find an item for every letter of the alphabet (A-Z) in your natural surroundings.

3. Track Your Mindful Progress (Week 2):

* During Week 2, take at least two more walks, actively applying your chosen mindful technique.
* Track the distance for these walks.
* Reflect: How did using your chosen mindful technique affect how you felt during and after your Week 2 walks compared to Week 1? Did you notice any difference in your stress level or sense of calmness?

**4. Submit your participation on the intranet while answering ALL the following:**

* What was your total distance walked in Week 1?
* How did you feel after completing your Week 1 walks?
* Which mindful technique did you choose for Week 2?
* What was your total distance walked in Week 2?
* How did using the mindful technique impact how you felt after your Week 2 walks? Did you notice any difference in stress level or calmness?