



Walking for Stress Management

Walking and exercise have benefits beyond just the physical. Many people walk as much for mental and spiritual well-being as for exercise. Can walking make you happy? Can it help you deal with stress and solve some problems? For many, the answer is yes.

Exercise, such as walking, increases the blood flow to the brain. Walking and other exercise leads to the release of the body's natural happy hormones - endorphins. As a result, one may feel a sense of clarity, peace, and direction. Keep these tips in mind when you walk to help manage your stress.

ACTION TIPS:

1. Leave your worries at the door. Before you walk out of the house or office for your walk, set the intention that you will leave it all behind and deal with any problems when you return.
2. Connect with the environment, enjoy the sounds, scents and sights of nature or the urban life around you.
3. Feel your body in motion, reconnect with yourself and pay attention to your breathing.
4. If you can't leave your problems at home/office, then look for possible solutions as you walk.
5. Bring a walking partner along to join you.

