



## Relaxation Exercise: Walking Relaxation



*Most of us walk a lot throughout the course of the day. Therefore, walking can be an activity that can be used to practice relaxation. The following exercise can be done at any time. For example, when you are running an errand or when you are walking in the park with your baby in the stroller. This exercise incorporates walking, breathing, and counting.*

- Focus on your breathing before or while you are walking. Take deep full breaths: inhale through your nose and exhale through your mouth.
- It is recommended you walk at a slower pace as you begin to do this exercise.
- Continue concentrating on your breathing. Breathe deeply through your nose and exhale slowly through your mouth. Repeat five times.
- Now that you are aware of your breathing, count your steps while you breathe deeply.
- Inhale while you walk and say to yourself “1...2...3...” and now exhale and take three more steps “1...2...3...” Repeat this and continue breathing deeply and slowly.

Continue counting your steps while breathing through your nose and exhaling through your mouth. This will help make you feel more relaxed.