

LA COUNTY CREATIVE COMMUNITIES

Walking Meditation

- Choose a destination: water fountain, bathroom, another office
 - Walk slowly and deliberately
- Pay attention to each step, the transitions from carpet to tile, temperature changes, sounds
 - Make this ordinary trip into a ceremony
 - Notice what you discover when you slow down
 - What did you notice when you walked slowly?
 - How was this walk different from your usual pace?
 - What transitions did you feel?
- How can you bring this quality of attention to other daily movements?



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Compassion Reset Walk

- Step outside or find a quiet hallway to walk
- For the first 2 minutes, imagine you're walking away from the emotional weight you've been carrying
 - With each step, picture setting down one heavy thing (worry, sadness, stress, fear)
 - For the next 2 minutes, imagine you're walking toward refilling your compassion
 - With each step, picture picking up something light (kindness, patience, hope, care)
 - End by taking three deep breaths
- What emotional weight did you set down during your walk?
 - What did you pick up to refill yourself?
 - How does your body feel different after walking?
- How can you use this walk between difficult patient interactions?



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Five Senses Walking Inventory

- Start walking at a comfortable pace
- For 2 minutes, notice 5 things you can SEE (colors, shapes, movement)
- For 2 minutes, notice 4 things you can FEEL (temperature, breeze, ground under feet, clothing)
 - For 2 minutes, notice 3 things you can HEAR (birds, traffic, voices, quiet)
 - For 2 minutes, notice 2 things you can SMELL (fresh air, food, flowers, earth)
- For 2 minutes, notice 1 thing you can TASTE (or imagine tasting something pleasant)
 - Write down what surprised you when you return
 - Which sense was easiest to notice while walking?
 - Which sense was hardest?
 - What did you notice that you usually miss?
 - How did this practice affect your stress level?



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Gratitude Steps

- Start walking at a comfortable pace
- For the first 2 minutes, with each step say internally: "Thank you, feet" (for carrying you)
- For the next 2 minutes, with each step name something you're grateful for at work (even small things: "coffee," "kind coworker," "lunch break")
- For the next 2 minutes, with each step name something you're grateful for in life (even tiny things: "sunshine," "breathing," "home")
- End by saying "thank you" to yourself for taking this break
 - What were you most grateful for today?
 - How does gratitude feel in your body while walking?
 - What surprised you about what you're thankful for?
 - How can you bring gratitude into your workday more?



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Color Collecting Walk

- Before you start walking, choose one color (red, blue, green, yellow, etc.)
 - As you walk, look for examples of this color
 - Count how many different examples you find
 - Notice the different shades and varieties
 - Take photos if you want, or just notice with your eyes
 - When you return, write down how many you found
 - What color did you choose and why?
 - How many examples did you find?
 - Did looking for color change how you felt?
 - What beauty did you notice that you usually miss?



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Breath Counting Walk

- Start walking at a natural pace
- Count your steps as you breathe: Breathe in for 4 steps, breathe out for 4 steps
 - Keep this pattern: In-2-3-4, Out-2-3-4
- If 4 steps feels too long or short, adjust to 3 or 5 steps
 - Continue for your whole walk
- Notice how you feel when you return
- How did matching breath to steps feel?
- Did your breathing slow down or speed up?
- How does your body feel different after this walk?
- When during your day could you use this practice?



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Release and Receive Walk

- Start walking at a comfortable pace
- For the first 5 minutes, imagine with each exhale you're breathing out stress, tension, or worry (visualize it as smoke, dark clouds, or heavy weights leaving your body)
- For the next 5 minutes, imagine with each inhale you're breathing in calm, peace, or energy (visualize it as light, fresh air, or bright colors entering your body)
 - End with three complete breath cycles
 - Notice how your energy shifted
 - What did you visualize releasing?
 - What did you visualize receiving?
 - How does your energy feel different now?
 - What would you like to release tomorrow?



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Mantra Walking

- Choose a simple phrase that helps you (examples: "I am here," "This too shall pass," "I am enough," "Breathe in calm, breathe out stress")
- Start walking at a comfortable pace
- Repeat your phrase silently with each step or each breath
- When your mind wanders, gently bring it back to the phrase
 - Continue for your whole walk
 - Notice how you feel when you return
 - What phrase did you choose?
 - How did repetition affect your thoughts?
 - Did your mind wander? What brought you back?
- What other phrases might help you during hard days?



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Nature Connection Walk

- Walk to any outdoor space (parking lot trees, courtyard, sidewalk plants count!)
- Look for living things: trees, grass, birds, insects, flowers, weeds
- Choose one living thing and really look at it for 1-2 minutes
 - Notice details: colors, textures, movements, shapes
- Thank this living thing silently for sharing space with you
- Continue walking and noticing other living things
 - Write down what you saw when you return
 - What living thing did you focus on?
 - What details did you notice?
 - How does connecting to nature affect your energy?
- How can you bring nature connection into your daily routine?



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Professional Pride Walk

- Start walking at a comfortable pace
- Think about why you first chose to work in public service (what called you to this work?)
- As you walk, remember one moment from your career when you made a real difference (big or small)
 - Think about one thing you did today that mattered (even if it felt small)
 - With each step, say silently: "My work matters"
 - When you return, write down the moment you remembered
 - Why did you first choose public service?
 - What moment of making a difference did you remember?
 - What did you do today that mattered?
 - How does remembering your purpose change how you feel?



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