

**START/  
FINISH**

**INHALE**



Count to 4

Count  
to  
4

**BOX  
BREATHING  
TECHNIQUE**

Count  
to  
4

**EXHALE**

**EXHALE**

Count to 4



**INHALE**

## Future Ancestor

- What do you hope future people know about this moment in history?
- What life lessons can you share with them?
- When you think about what you want to share, what does that teach you about yourself?
- What do you want to be remembered for?
- Write about that.



## Breathwork as Story

- Take three deep, careful breaths
- Think of each breath as a chapter in a story
- What story do your three breaths tell?
- Write it down: Breath 1 (Chapter 1), Breath 2 (Chapter 2), Breath 3 (Chapter 3)
- What's the beginning, middle, and end?
- What changes from breath one to breath three?
- What does your breath know that your mind hasn't noticed yet?

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## Textures of the Workday

- Take close-up photos of three different textures in your environment
- Examples: fabric, wood grain, paper, keyboard keys, plant leaves, carpet
- Get very close—make texture fill the whole frame
- After taking each photo, notice what each texture makes you feel
- Write one word or sentence about the feeling each texture brings up
- What textures did you choose and why?
- What feelings do these textures bring up?
- How do these textures relate to the texture of your day?
- What texture is missing that you wish was present?

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## One-Breath Check-In

- Take one deep, careful breath
- As you breathe in, internally ask: "What do I need right now?"
- As you breathe out, listen for the answer without forcing it
- Write down whatever comes—even if it surprises you
- Honor what you heard
- What did you ask for on the inhale?
- What answer came on the exhale?
- Was the answer what you expected?
- Can you honor what you need, even in a small way?

## 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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## 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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## 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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## 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?



## 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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## Walking Between Worlds

- Use your walk from work to your car, bus, or around the block as a transition ritual
- For the first half of the walk, acknowledge what you're leaving at work (specific stresses, patient worries, work relationships)
- At the halfway point, pause and take three deep breaths
- For the second half, think about what you're walking toward (home, family, rest, yourself, hobbies)
- When you arrive, take one final breath and step into home mode
- What did you leave at work today?
- What are you walking toward?
- How does this ritual help you transition?
- How can you protect this walking transition time?

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