

A Lifestyle prescription: take an AWE WALK!

Find a safe place to walk e.g. walking track, through a park or woods, by a river or lake.

Looking out for sights and sounds that are awe inspiring!

There are 4 steps, the AWE four.

Before each step take 4 slow, deep, belly breaths (Six seconds in, hold for 2 then 6 seconds out).

1. Look at **something BIG** e.g. TREE, Lake, River, Mountains.
2. Look for something **SMALL** e.g. rock or grain of sand, bug, leaf.
3. Something **MOVING** e.g. bird, leaves, reeds, water – ripples or waves, cloud floating by.
4. **Be STILL** – close your eyes, feel the ground with your feet, listen to sounds around you, birds, wind, water, feel sun or wind, take a sip of cool water.



Top Tips:

Plan ahead and make a regular time.

Visit a **new place** each week.

It's a short 20-minute stroll. All abilities.

Not huffy puffy - but can be combined with a hike or bike ride.

No technology!

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Reference: https://ggia.berkeley.edu/practice/awe_walk