

Mindful Walking for Self-Compassion

Breathe deeply,
bringing attention
to the present
moment.

Be mindful of your
posture. Stand tall,
shoulders relaxed.

Shift your attention to each
step. Feel the sensations in
your feet as they lift, move,
and touch the ground.

Engage your senses. Notice the
feeling of the ground beneath
your feet, the sounds around you,
and any scents in the air.

If your mind starts to wander
gently bring your focus back to
the act of walking and the
sensations in your body.

Integrate awareness of breath with
each step. Synchronize your breath
with steps, inhaling for a certain
number of steps and exhaling for
the same count.

Step Toward Self-Compassion

Many animal advocates struggle with self-compassion. This exercise promotes self-compassion by bringing your attention to each step and the present moment, creating a mindful connection to your surroundings. Add this mindful walking exercise into your routine; it can be a simple yet powerful way to cultivate self-compassion and presence in the midst of daily stress, trauma, or grief.

