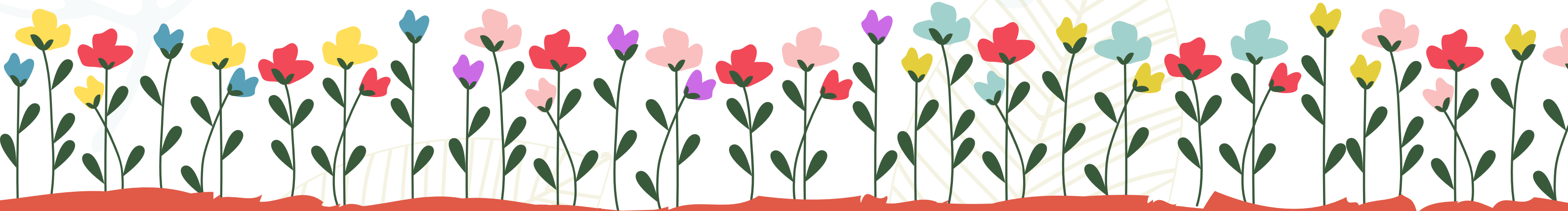


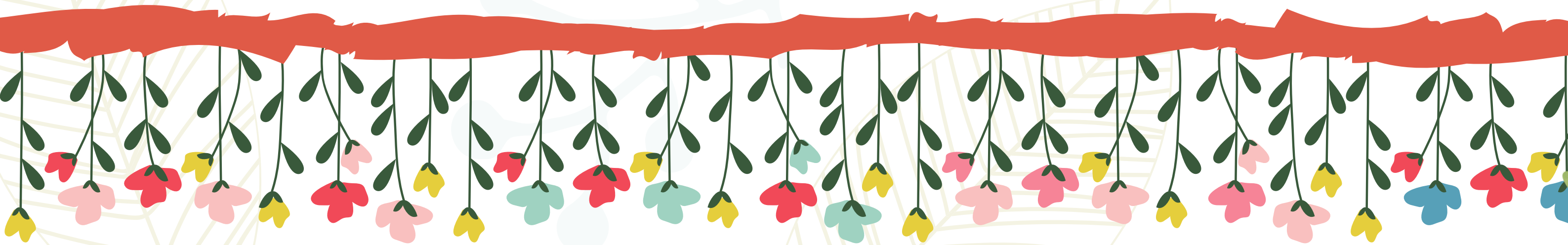
AWE-WALK



A NEW STUDY FOUND THAT WEEKLY 15-MINUTE "AWE WALKS" HAVE POSITIVE EFFECTS ON MENTAL HEALTH.



AWE (NOUN) :
THE FEELING OF REVERENTIAL RESPECT MIXED
WITH FEAR OR WONDER.



STEP 1: PREPARE YOURSELF FOR A WALK. TRY TO TAKE AS LITTLE AS POSSIBLE WITH YOU, LEAVING ANY DISTRACTIONS SUCH AS YOUR PHONE, AT HOME.

STEP 2: TAKE A DEEP BREATH IN. COUNT TO SIX AS YOU INHALE AND SIX AS YOU EXHALE. FEEL THE AIR MOVE THROUGH YOUR NASAL PASSAGES AND HEAR THE SOUND OF YOUR BREATH. COME BACK TO THIS BREATH THROUGHOUT YOUR WALK.

STEP 3: DURING YOUR AWE-WALK, APPROACH WHAT YOU'RE SEEING WITH A FRESH PAIR OF EYES, IMAGINING THAT YOU'RE SEEING IT FOR THE FIRST TIME.

STEP 4: LET YOUR ATTENTION BE OPEN IN EXPLORATION FOR WHAT INSPIRES AWE IN YOU, TO THINGS THAT ARE VAST, UNEXPECTED, THINGS THAT SURPRISE AND DELIGHT.

