



Mindfulness Walk

THIS SIMPLE MINDFULNESS EXERCISE CAN BE DONE ON A WALK, AT HOME OR IN THE GARDEN, OR VISUALISING WITH CLOSED EYES.

Notice



Things you can **SEE**

Things you can **HEAR**



Things you can **FEEL**

THE EXERCISE CONSISTS OF NOTICING OR IMAGINING:

3 THINGS YOU CAN SEE, THEN HEAR, THEN FEEL

THEN: 2 THINGS YOU CAN SEE, HEAR, FEEL

THEN: 1 THING YOU CAN SEE, HEAR, FEEL

Then: Notice how your body is feeling and what you are thinking, and compare this to before the exercise.

Note: What you 'FEEL' can be either inside your body e.g. anxious, calm, or outside e.g. the wind or sun.

Gambling Help Intake Service: (08) 8246 5246 | 1800 934 196 |
Email: gamblinghelp@rasa.org.au | Website: www.gamblinghelpsa.org.au



Relationships Australia South Australia
**Gambling
Help Service**

Funded through
the Gamblers
Rehabilitation Fund



aha|sa
Australian Hotels Association (SA)

SKYCITY
ENTERTAINMENT
GROUP



Government of South Australia
Department of Human Services

Relationships Australia
SOUTH AUSTRALIA