

Take A Mindful Hike

Published on Office of International Students & Scholars (<https://oiss.yale.edu>)

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New Haven , CT

In celebration of Earth Day, our wellness activity for the week is to get outside and take a mindful hike or walk! Never taken a mindful walk before? Look at our [Pinterest board](#) [1] for some tips on how to get started.

What is mindful hiking? Basically it's appreciating the journey along the hike every step of the ways. A very simple way to get started with mindful hiking is to notice:

- the sounds around you
- the different smells that surround you
- the wind/breeze on your skin
- the way the ground feels on your feet
- the colors that pop out
- the textures on the trees and flowers

While you're noticing all of these things around you, you'll be so focused in that the rest of your stress and anxiety slip away because you are in the moment.

So get out there and appreciate Mother Earth by practicing these few easy steps!

[Register Here](#) [2]

Visibility: 0.00

On Demand?: On Demand

Sort Date: Saturday, August 21, 2021

End date: Monday, August 16, 2021

Audience: Students

Scholars

Families

Departments

Source URL: <https://oiss.yale.edu/calendar/events/take-a-mindful-hike>

Links

[1] <https://pin.it/3eb6QQX> [2] <https://yaleconnect.yale.edu/OISS/rsvp?id=1085775>

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