



Building healthy  
communities

# Adventure Walk

## “Three – Senses”

Find the nearest trail to your home, get yourself dressed up, warm enough to be outside, bring your water to keep hydrated and don't forget the sunscreen.

On the trail, I want you to stroll taking in anything and everything around you.

First, think about everything you can **see** on the trail. Look for things that aren't in front of you, but rather those hidden gems you never thought to look at. During your stroll, try to find up to 5 visual gems on the trail. Second, consider getting deeper in tune with what is outside. What are you **smelling** while you continue your walk. Can you notice the smell of trees, flowers, buildings around you? What else can you smell? Try to find at least 3 things. Lastly, as we turn around to come home, taking home our new visual and smell discoveries, lets add one last sense. What can you **hear** around you? Besides you walking or the trees brushing around you, what other sounds can you make out? Maybe you can even put a sound to the visual gem you have recently discovered. Try to discover up to 5 different sounds. Returning home, and now resting. Take this time to write down everything you discovered. You may even surprise yourself with the types of things you could take in around you. And well now that you are done, ask yourself this: How much pain is your body in? Did you relieve your mind by distracting it with this adventure walk? How grateful are you to be surrounded by so many great sceneries around you?

Sometimes in life we get so caught up in how to we feel or filling our mind with worry, taking a little time to come out of that frame of mind and really appreciate what you have and where you are can truly make a difference to improve our overall wellness.

Thank you for taking this walk  
with me. – J

