

## *Walking to Release Emotions*

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Walking isn't just exercise, it can be an emotional reset.

Research shows that walking, especially in natural spaces, boosts endorphins, reduces sadness, lowers stress hormones and supports mindfulness.

With each step you can create space, clarity, and emotional release.

### *Step-By-Step Walking practice for Emotional Release*

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#### 1. **Choose a Supportive Location**

Pick a place that feels calming: a park, a nature trail, quiet streets, an open green space.

The calmer the environment, the calmer your inner world can become.

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#### 2. **Pause and Name the Emotion (2-3minutes)**

Before you begin your walk, take a moment to acknowledge what you're feeling and name the emotion.

Are you feeling sad, disappointed, let down?

Naming the emotion helps reduce its intensity and increases emotional awareness.

Name it to Tame it.

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### 3. **Set an Intention (2-5minutes)**

Set a quiet intention by clearly defining what you intend on achieving from your walk, for example:

“With each step, I will give my sadness room to move.”

“this walk is to lift the weight of disappointment from me”

Setting an intention before you start your walk will prime your mind and body for emotional release.

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### 4. **Mindful Walking (20-30 minutes):**

Start your walk at a comfortable pace.

Begin by observing your environment; the look of the sky, the different shapes and colours of the trees, the sounds around you (people, birds, cars) and any scents in the air.

After 10-15 minutes observing your environment, shift your attention inwards- to yourself.

Notice your breath flowing in and out.

Feel your feet connecting with the ground.

Sense the air on your skin and the natural rhythm of your body as you walk.

For the last 5 minutes of your walk, silently repeat a grounding phrase to yourself, such as:

“With each step, I let this feeling move through me and from me.”

“As I walk, I allow softness and calm to fill my mind and body.”

As you breathe and step, gently visualise the emotion being released, softening, loosening, and gradually being left behind

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### 5. **Declare Your Release**

At the end of your walk say a grounding statement silently or aloud to yourself to declare the release of your emotions.

- “I no longer carry this [emotion], it has moved through me.”
- “I honour the [emotion] I felt, but it is no longer in control of me.”

Declaring a release helps signal closure of the emotion to your mind and body.

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## 6. **Close Your Walk With Reflection (1-5 minutes)**

When you finish your walk and declared the release of the emotion, take a few minutes to check-in with yourself:

- *How do I feel now and what emotions are present in me?*
- *Which part of my body feels more relaxed, lighter or open?*
- *Is there any tension I'm still holding and what might it need?*

### *Final Thought*

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Clinical studies and research consistently find that walking reduces sadness and depressive symptoms. Even a single 20-minute walk can lift your mood, support your emotional regulation and increase feelings of wellbeing.

Walking is a simple, accessible and powerful way to release heavy emotions.