



Walking Meditation

A walking meditation combines three powerful interventions to boost your mood and promote better physical and mental health!

1. EXERCISE
2. MINDFULNESS MEDITATION
3. EXPERIENCING "AWE"

Let's break it down a little...

To understand the strength of a walking meditation, let's first start with acknowledging the impact of stress on our physical and mental health. Stress leads to inflammation and inflammation contributes to every leading cause of disease including depression. So, very simply - if we want to improve health, we reduce inflammation by reducing stress.

When we accept this basic premise, we then look at what techniques or tools are most effective in reducing stress. The research consistently points to the effectiveness of exercise, mindfulness meditation and a feeling of zest or awe in life. In our busy lives, how wonderful that we can combine all three into one with the added benefit of it being enjoyable!

If you're concerned that you don't know how to meditate, don't worry!

Meditation can be as simple as focusing in the present moment. Think of it this way – if depression is sadness about the past and anxiety is fear about the future, you should feel the absence of anxiety and depression if you are solely focused in the present moment. As you do so, look at the beauty of the nature around you, focus on the feeling of the sun on your skin, take a few nice deep breaths... this is meditation in its simplest form. If you want to go a little more sophisticated, you could try one of the many mindfulness meditation apps that are on the market today or listen to a few mindfulness meditation scripts on YouTube as you walk.

GUIDED MEDITATION APPS

Calm: Sleep & Meditation

Meditation Nest

Headspace

Shine

Breeth: Meditation & Sleep

ORANGE COUNTY WALKING TRAILS

HUNTINGTON BEACH

<u>Bolsa Chica Ecological Reserve</u>	3 mi	EASY
<u>Huntington Dog Beach Trail</u>	1.6 mi	EASY
<u>Brightwater Trail to Pocket Loop Trail</u>	4.4 mi	EASY

IRVINE

<u>Turtle Rock and French Hill Loop</u>	4.1 mi	MODERATE
<u>Quail Loop Trail</u>	1.8 mi	EASY
<u>Hicks Canyon Trail</u>	4.0 mi	EASY

LAGUNA BEACH

<u>Reef Point and Crystal Cove Trail</u>	5.0 mi	EASY
<u>El Moro Canyon Short Loop Trail</u>	2.9 mi	MODERATE
<u>Carolyn Wood View Knoll from Temple Hill</u>	3.2 mi	EASY

LAGUNA NIGUEL

<u>Aliso Creek and Wood Canyon Loop Trail</u>	10.5 mi	MODERATE
<u>Badlands Park and South Laguna Coast</u>	2.3 mi	EASY
<u>Aliso Peak Trail from St. Tropez</u>	0.8 mi	EASY

MISSION VIEJO

<u>Oso Creek Trail</u>	3.2 mi	EASY
<u>Arroyo Trabuco Loop from Curtis Park</u>	1.9 mi	EASY
<u>Arroyo Trabuco Trail: Robert Curtis Park to Oso Parkway.</u>	5.6 mi	EASY

NEWPORT BEACH

<u>Back Bay Loop Trail</u>	2.8 mi	EASY
<u>Upper Newport Bay Ecological Reserve Loop</u>	4.2 mi	EASY

ORANGE

<u>Santiago Oaks Trail and Peralta Hills Trail</u>	2.2 mi	MODERATE
<u>Santiago Creek Trail and Bobcat Meadow Trail</u>	2.9 mi	EASY

SAN CLEMENTE

<u>Ranch San Clemente Ridgeline Trail</u>	5.7 mi	MODERATE
<u>San Clemente State Beach</u>	4.5 mi	EASY

SILVERADO

<u>Black Star Canyon Falls Trail</u>	6.7 mi	HARD
<u>Maple Springs Trailhead</u>	10 mi	EASY

Taking Strides

Towards Mental Wellness



Orange County Health Psychologists
Integrated Care for Body, Mind, and Spirit