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- Recently however the psychological effects have also been studied.
 Research from Stanford University in 2015 found that walking outside in natural environments, such as park, had a significant impact on mood, and our ability to solve problems.
- The research recommends that people should repeat this type activity several times per month as a way of refocusing the brain.
- One student who tried this had the top of a hill as their destination, and would walk up in every Sunday with her dog.
 She said that the walk down helped her relax after the hard slog up to the top.
- x She said that the walk down helped her relax after the hard slog up to the top, finding that on the way down she would always think of solutions to the problems she thought of on the way up!



PREPARE A TABLE, LIKE THE ONE ON THE NEXT SLIDE.

YOU MIGHT WISH TO DO THIS IN
YOUR NOTES SECTION ON YOUR
PHONE INSTEAD OF PAPER,
EITHER WAY GET SOMETHING
PREPARED FOR YOUR RESPONSE!

AGREE WITH YOUR TUTOR, OR A FRIEND TO SHARE YOUR EXPERIENCE WITH THEM AFTERWARDS.





| WALKING THERE "Things I'm good at." "Things I am thankful for." | WALKING BACK "Things I can do to solve my problems." |
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FINAL THOUGHTS

- This activity becomes very satisfying if you finish it with an action (Something you have listed in the right hand column.)
- × You MUST do it as soon as you get back though!
- ...otherwise momentum is lost and you will probably forget.
- × Repeat this activity even if your list remains the same.
- The recording of positives on the left and plans on the right can be very inspiring.

1