



# walking

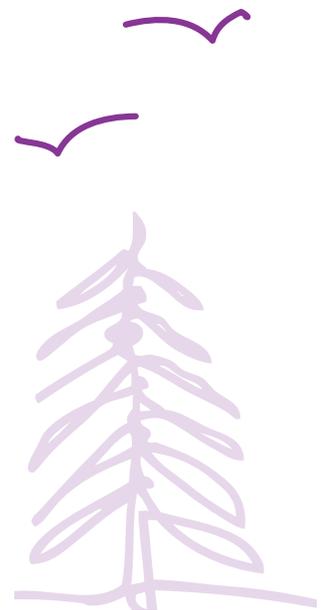
## for winter wellbeing



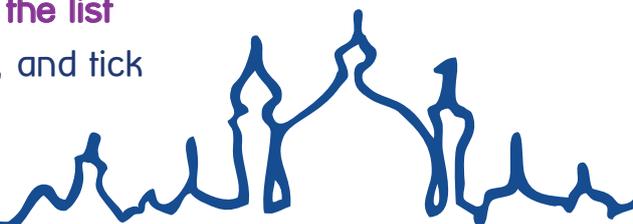
\* It may not be the most inviting time of year to get out for a walk, but getting outside for some fresh air in the winter can feel even more beneficial for our wellbeing than other times of the year. With shorter days and longer nights, be sure to try and see daylight each day. The Five Ways to Wellbeing - **Connect, Be Active, Give, Take Notice and Keep Learning** - can all be incorporated when you go out for a walk.



\* **Taking notice is to be present in the world around us.** At times in our lives when we are busy making plans, going from task to task, we can get caught up and not take time to notice the world around us. This can be the same when we find ourselves not very busy. When we occupy our minds with 'doing nothing', we can find ourselves worrying about the future and can get caught up with unhealthy thoughts and negative feelings. In both cases, we can find ourselves not taking the time to pay attention to the present moment – the here and now. By taking notice and being in the present, we can improve our mental health and sense of wellbeing.

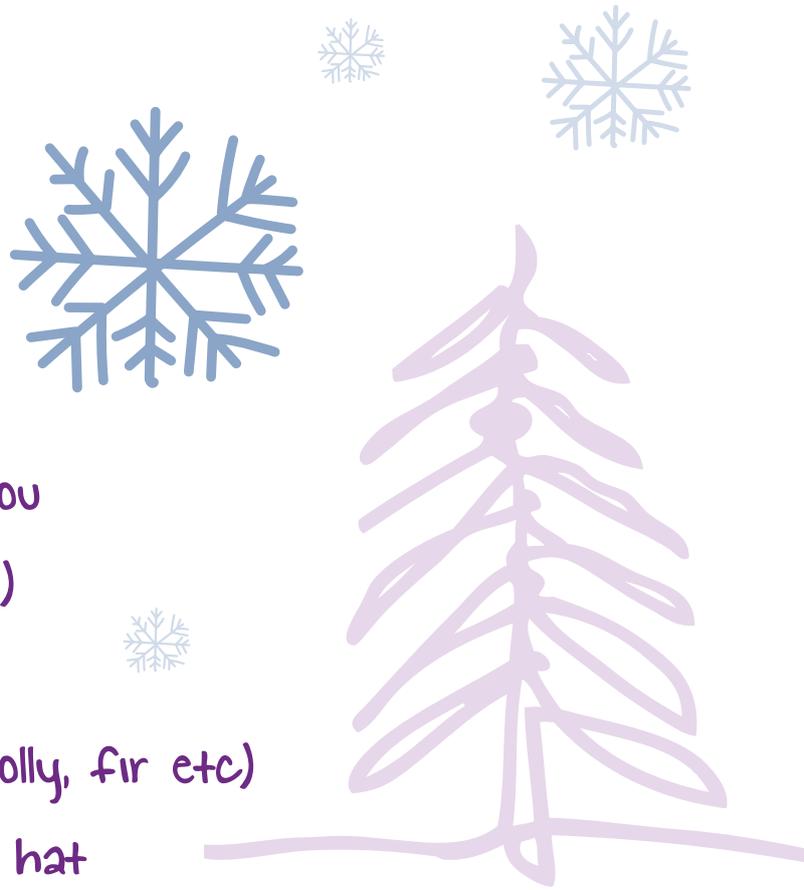


\* To help you "Take Notice", we have **put together the list on the other side** of things to look and listen out for, and tick off as you do your daily walk. Enjoy!



# Things to look for on your walk...

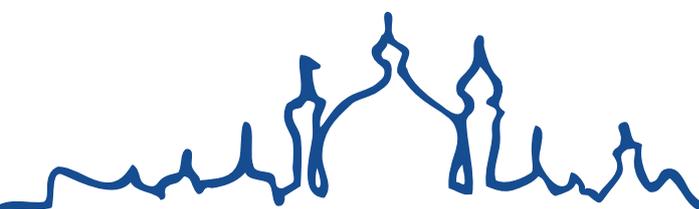
- \* A dog wearing a coat
- \* Festive lights
- \* Music playing
- \* Someone on a bike
- \* A post box
- \* Someone smiling back at you
- \* A bird (seagull not included!)
- \* Somebody pushing a pram
- \* A seasonal tree or bush (holly, fir etc)
- \* A person wearing a bobble hat



If you are keen to get involved with a regular walking group, Brighton and Hove City Council run Health Walks across the city. If you would like to find out more, you can visit their page on Facebook [@brightonhovehealthwalks](#), email [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk) or give them a call on [01273 294 589](tel:01273294589).

If you would like any further information on how you can look after your mental health and wellbeing, please call or visit:

- \* Mind in Brighton and Hove: 01273 65 69 60 / [mindcharity.co.uk](http://mindcharity.co.uk)
- \* Community Roots: 0808 196 1768 / [communityroots.org.uk](http://communityroots.org.uk)



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