**Mindfulness outdoor exercise**

When out for your once daily walk/exercise take note of everything, look for the mall details.

Note how few aeroplanes are in the sky, the breeze through your hair, the sun on your face. Look for signs of spring in the trees and on the ground. Stop for a moment, ask yourself how does it feel within that moment? Allow your mind to wonder, do you feel calm, happy, confused, lost, anger to name a few. All your thoughts and feelings are valid and matter allow yourself to process them whilst out walking/running.

If you feel concerned about any thoughts or feelings you have, please talk to someone. A family member or friend, if you feel you cannot talk to them take a look at the links posted earlier for further support or advice.

You are not alone!