

Tillamook County Wellness

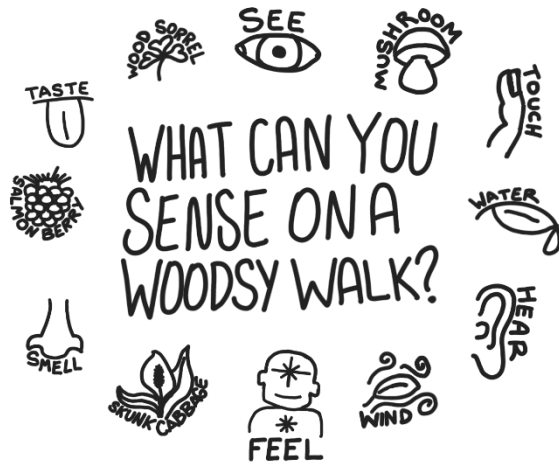


Experience your favorite
trail in a new way.

Improve your health and
reduce stress with

MINDFUL WALKING

Practicing Mindfulness in nature



Pay attention: Autumn is an exciting opportunity to notice trees dropping their leaves. You can practice mindfulness by shifting focus from one to another on a branch. As you notice a leaf begin to fall, shift your attention to its path to the ground

Make the familiar new again: an old trail might offer new features to notice in a different season with bare branches in winter, a different time of day with the light of golden hour creating a glow in the woods, or perhaps under a full moon where familiar trees cast unfamiliar shapes in shadow

Focus on your breathing: Sit on a bench or log. Notice the sensation of your breath moving in and out of your body. You can also focus on the sensation of crisp cool air, or warm humid air as you inhale.

Hands on: There are many wonderful texture, smells, colors, sounds and even tastes to explore in the woods. For inspiration, think about the way a young child might pick up a stone and spend time simply feeling its texture with their fingers. As adults we are experts at identifying the texture of an object based on past experience, and how it looks. The next time you see a stone, pick it up, try to forget everything you know about texture and instead let your sense of touch inform you.

7 attitudes of mindfulness practice

Non-judging witnessing your own experience, without judgment, as the present moment unfolds

Patience the ability to bear difficulty with calm and self-control

Beginner's Mind open to the experience of each moment as if meeting it for the first time, like a child

Trust that you can see clearly what is actually happening to you. Practicing mindfulness deepens your awareness of, sensitivity to and accuracy in discerning what is here now, what is happening in your own body, and what is happening around you

Non-striving relaxing into your experience and allowing whatever is happening to happen, bringing clear, compassionate awareness to it as it happens

Acceptance the willingness to see things exactly as they are rather than the way that you think they should be. Acceptance does not mean you have to like everything or take a passive attitude. Rather acceptance simply means willingness to see things as they are, deeply, truthfully, and completely. This attitude sets the stage for acting in the moment in the most potent and healthy way, no matter what is happening.

Letting Go The ideas that we cling to often shape our moment-to-moment experience in profound ways. When we start paying attention to our experience through meditation, we can discover which thoughts, feelings and sensations we are trying to hold onto.

Adapted from Full Catastrophe Living ©1990. 2013 Jon Kabat-Zinn, Ph.D

In this Zine we will teach you a bit about what mindfulness is, how you can practice it while enjoying a walk in the woods, and how you can integrate mindfulness practice into your daily life.



“The **benefits of mindfulness** are tangible and include **physical** and **psychological** improvements, as well as enhanced quality of life. A growing body of research has demonstrated that practicing mindfulness can **significantly reduce blood pressure, depression, anxiety and pain**, and **improve neurological function**. Evidence also suggests that mindfulness practice can significantly **improve relationship functioning, stress-related burnout, and creativity**.”

source: ohsu.edu/mindfulness

Tillamook County Wellness (TCW) is the result of community partners, working toward a common goal of reducing chronic disease in Tillamook County. TCW's vision is that local communities will be places where:

1. Healthy choices are the norm
2. The responsibility of creating a healthy community is shared
3. Health services care for the whole person
4. Individuals feel empowered by their community to engage in healthful lifestyles

Access to Physical Activity Committee (APAC)

is one of the Action Committees within TCW. APAC has a goal of increasing the availability and awareness of accessible opportunities for physical activities that improve physical and mental health in Tillamook County. Supporting walking groups, and leading mindfulness walking events are two examples of the work being done by APAC

If you would like to lend a hand in helping to improve the health and wellness of our community you can connect with TCW and APAC by entering the addresses below in your web browser. APAC information is found by clicking on the “Move Well” option within the webpage drop-down menu.

tillamookcountywellness.org

facebook.com/TillamookCountyWellness

“Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child - our own two eyes.

All is a miracle”

-Thích Nhất Hạnh *The Miracle of Mindfulness*

WHAT IS MINDFULNESS?

Mindfulness is the act of being intensely aware of what you're sensing and feeling every moment. Without interpretation or judgement

EXAMPLE
EVENT

THE WIND
BLOWS

EXAMPLE
RESPONSES

"THAT COLD BREEZE
GAVE ME GOOSEBUMPS"
MINDFUL

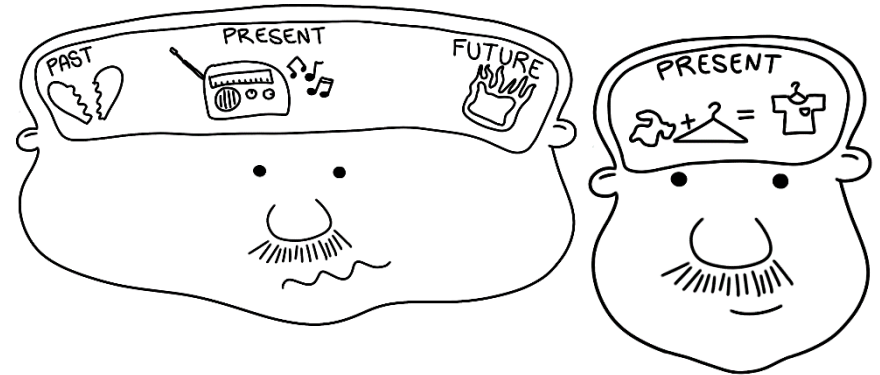
"GAH! SHOULDVE GRABBED
A SWEATER.. IT'LL PROBABLY
FREEZE TONIGHT"
UNMINDFUL

Our bodies exist wherever and whenever they happen to be; July 30th at 10:00 AM on the Oregon Coast for example. Our minds are not bound by the same physical constraints and can spend time in the past, the future, in Oregon, or among the Sci-Fi worlds of Ursula K. Le Guin's 'Hainish Cycle', or Frank Herbert's 'Dune' (both authors drew inspiration from time spent on the Oregon Coast!)

Allowing our minds to explore within a good book, or by learning from our past to help prepare for an uncertain future, are both healthy and important to our wellbeing. It is also important to maintain a balance of how much time we allow our minds spend outside of the present moment, and instead focusing on the past or future. The more time our minds are outside of the present moment, the more likely it is that we will be out of touch with our thoughts, emotions, and bodies.

Unless a situation demands our active attention, the mind's 'auto-pilot' can easily drift to something more interesting to focus on.

For Example: Folding and hanging a stack of laundry isn't very exciting, so our mind is likely to be elsewhere by the time we hang the second shirt. By the time the laundry is put away our minds might have hopped from heartbreak to climate change, with the radio filling in the gaps.

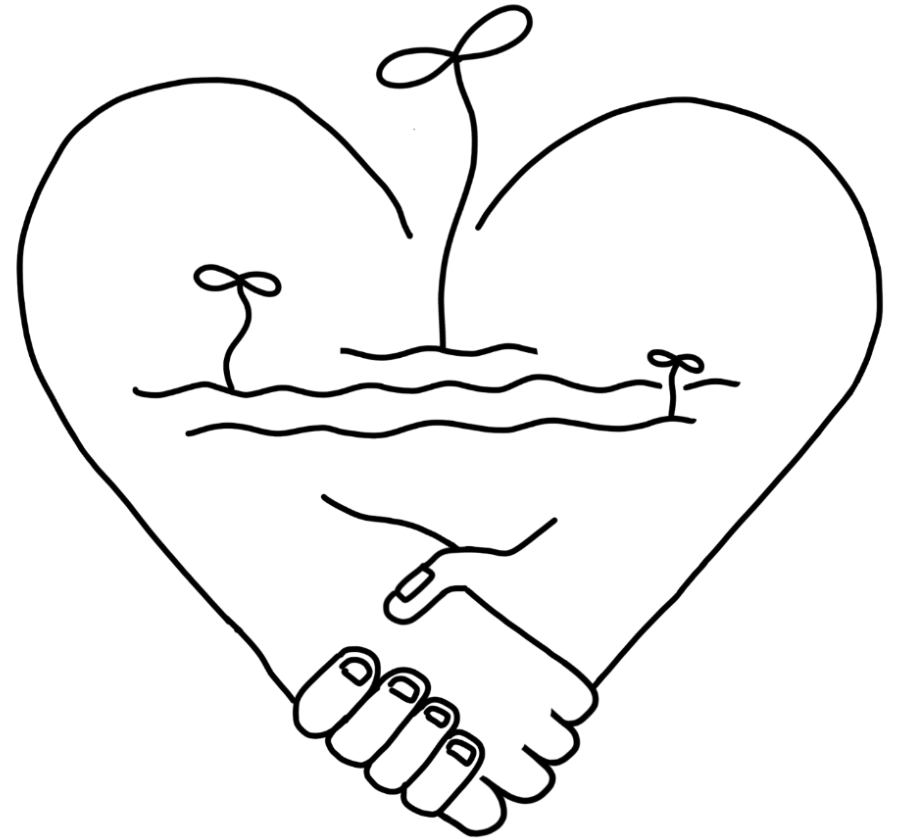


Sometimes what the brain finds more interesting might be upsetting memories, or stressful concerns about the future. These thoughts shouldn't necessarily be avoided since we can benefit from intentionally engaging with them. When we encounter these phenomena while our minds are drifting, we don't have the opportunity to mindfully engage with them, and the time spent may be closer to ruminative than constructive.

Existing in the present moment won't get rid of negative thoughts/feelings, but it does give you the opportunity to notice those thoughts/feelings and bring your attention back to the present moment. As boring as doing laundry might seem at first, we are more likely to have a positive mood if we spend the time thinking about the task at hand,



**COUNTY HEALTH IS A GARDEN
AND EACH OF US A SEEDLING**



**COLLECTIVE STEWARDSHIP
IS THE KEY TO RESILIENCE
A CALL TO TEND EVERY ROW
AS IF IT WERE OUR OWN**