



# Mind Bites

## Mindful running



Using mindfulness whilst running can help you to manage stress, increase your self-esteem and help you become more productive.

By slowing your racing mind, you have more space to think clearly.

So, drop those thoughts, watch those steps and enjoy your run.

## A personal story



Dipa Patel  
Defence Infrastructure  
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A few years ago, I took up running as a way to help me relieve stress.

Taking in the fresh air, surrounding scenery, the sounds of cars driving past and focusing on my foot movements has really helped me to feel relaxed.

I would definitely recommend running with some mindfulness!

Share your story by emailing:  
[MeadenFamily18@gmail.com](mailto:MeadenFamily18@gmail.com)

## Tips on mindful running



### Concentrate on your breathing

Build up a rhythm, think about whether you are breathing to fast or slow.



### Feel the fresh air

Take in the weather, feel the sun, rain or wind on your skin.



### Listen to the sounds around you

Take in the sound of each foot step the traffic passing by or the sound of the wind.



### Notice how your body is feeling

Do you feel any aches or pains? Think about your pace - do you need to slow down or have you got energy to speed up?



### Look at your surroundings

What is in front of you? Look at the colours of trees, leaves, cars driving past and people walking by.

## Useful links

- [Headspace – running meditation](#)
- [How to turn your run into mindfulness](#)
- [Help and support](#)

Give us feedback [here](#).

