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Walking Meditation Instructions (Neurodivergent-Friendly)

Walking meditation is a simple yet powerful way to reconnect with your body and regulate your nervous system. It's especially helpful for ADHD and sensory-sensitive individuals who find stillness-based meditation challenging.

Step-by-Step Guide

1

Choose Your Space

Find a quiet, safe place to walk—this could be indoors (a hallway, room, or treadmill) or outdoors (a park, sidewalk, or backyard). If outdoors, pick a route where you won't be overly distracted or need to dodge obstacles constantly.

2

Set Your Pace

Walk at a slow, natural pace—there's no rush. If you feel restless, start at a faster pace and gradually slow down. You can walk in a straight line, a circle, or back and forth in a small space.

3

Focus on Your Breath

Begin by taking a deep breath in and out. Let your breath settle into a natural rhythm. If you need an anchor, count your breaths (inhale for four steps, exhale for four steps).

4

*Engage Your Senses

Notice the feeling of your feet connecting with the ground. Pay attention to the rolling motion from heel to toe. Observe how your arms move naturally or any subtle shifts in balance. Take in your surroundings—what do you see, hear, smell, or feel in the air? (If overwhelming, focus on just one sense, like the feeling of air on your skin.)



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Anchor Your Attention

If your mind wanders, gently bring it back to your walking rhythm. Use a mantra if helpful, such as "I am here" or "Step by step." If thoughts feel overwhelming, imagine leaving them behind with each step.

6

Adjust to Your Needs

If stillness feels better, pause and take a few breaths before resuming. If movement helps, try swaying slightly before walking again. If you stim while walking, incorporate gentle rocking or hand movements.

7

Close with Awareness

Slow your pace as you near the end of your walk. Pause, take a final deep breath, and notice how your body feels. Acknowledge any changes in your state of mind—are you calmer, more focused, or more connected to your body?

Tips for Neurodivergent-Friendly Practice

Music or Nature Sounds

If silence is uncomfortable, try listening to calming sounds or rhythmic music.

Barefoot or Different Shoes

If safe, experiment with walking barefoot or in different shoes to engage sensory input.

Short Sessions

Start with 2–5 minutes and build up as needed.

Fidget-Friendly Modifications

Hold a grounding object or stim while walking.

Avoid Overwhelm

If external stimuli feel too much, focus inward on breath and movement.

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