I WALK IT OFF. (10K)

WEEK#2

"As you start to walk on the way, the way appears." – Rumi

Tchaikovsky took a walk every morning, before sitting down to work on his music. Einstein walked on the beach when he needed to work out complex problems. Steve Jobs preferred to conduct meetings while walking. These and many more of the greatest minds in history made walking a key part of the fabric of their lives and work.

It's an age-old practice. Saint Augustine of Hippo (354-430 AD), Bishop and Doctor of the Church created the Latin term "Solvitur ambulando" which means "it is solved by walking".

More 'recently', In 2014, a Stanford study produced some truly wonderful results that may help to explain why. Their findings support the role of walking as a path to brilliant ideas and prodigious creativity.

They found that creative output increased by 60% on average when walking compared to sitting. They defined creative output by testing "divergent thinking", or the ability to come up with a variety of creative ideas by exploring different possible solutions. Furthermore, they found you don't need to go to these lengths to benefit from a creativity boost: the study found impacts on creativity from short walks ranging from 5-16 minutes. Also indoors works, or just a quick walk before you start brainstorming at your desk. As authors Opezzo & Schwartz (2014)* stated: "walking opens up the free flow of ideas".

The other side effects of a good walk? Walking helps boost your mood because it increases blood flow and blood circulation to the brain and body. As a result, it can improve negative moods, ward off depression, and improve self-esteem. Plus it is a helpful way to get out of our head, into our body & focus our attention on our steps or what we see along the way.

*Give your ideas some legs: The positive effect of walking on creative thinking.. Journal of Experimental Psychology: Learning, Memory and Cognition. 40 (4):1142-52.

ON.PURPOSE STUDIO

Phrase: 'Now I go for a long walk'

W*rite this phrase in your journal.*

PRACTICE:

Schedule a block of 2 hours or more to go for a long walk.
Without phone (or on flight mode in case you get lost haha)

Choose an environment you like or easy to access.
It could be through the city, randomly taking lefts & rights.
It could be through the park or a forest.
It could be on the beach.

There is no goal.
Let your mind wander.
If you notice it goes into overthinking,
bring your attention back to your footsteps,
the breath, or things you see around you.

Take a couple of deep breathes.
In through the nose, out through the mount.

Then breathe consciously through the nose.
5 seconds in, and 5 seconds out. Sink into the rhythm.
You can use tapping of the fingers to count to 5.

Reflect on a question, problem or issue you are facing.
Just keep walking.
See what arises.

Make notes in your journal afterwards.