

# London Wellbeing Walks: Finding calm in the bustle



## Walking and wellbeing

'Walk and be happy. Walk and be healthy. The best way to lengthen our days is to walk steadily and with a purpose.' **Charles Dickens**

'An early morning walk is a blessing for the whole day.' **Henry David Thoreau**

'Walk as if you are kissing the earth with your feet.' **Thich Nhat Hanh**

'Everyday I walk myself into a state of wellbeing.' **Søren Kierkegaard**

## Mindful walking

Leave your home or work and head in a random direction. Just walk. When you feel yourself getting distracted from enjoying the moment, try focusing on one sense in turn - sound, sight, taste, smell, touch. Aim for green space whenever you can.



## Architecture and wellbeing

### Focus on the details

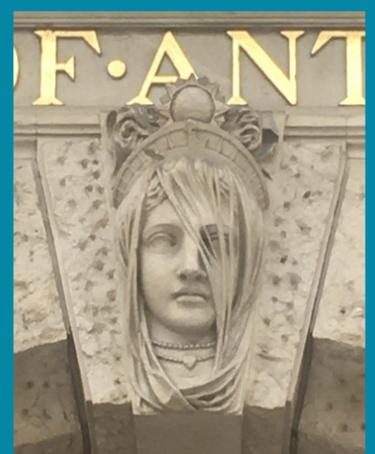
Pick a building you know well. Perhaps a place you walk by every day. Find a spot where you can sit and take in the whole building. Then start to draw your attention to just one area or architectural detail. When you're ready, walk up to the building to take a closer look. You may be surprised by what else you see.



Iron girders - Covent garden

### Go time travelling

Find a busy place or a building with a bit of history to it. Sit or stand. Let your breath settle as you look around you. Take in the scene in front of you like a picture or a film. The present. Then begin to imagine the scene at some point in the past. Allow random thoughts and pictures to appear. Stonemasons at work, a milkman making deliveries by horse and cart, a dandy strolling through town, families visiting a museum. Allow yourself to daydream. When you're ready, take a few deep breaths, have a little wiggle, and step gently back into your day.



Veiled lady - Burlington House  
(Image: Tina Gwynne-Evans, 2019)



London Meadow (Images: Tina Gwynne-Evans, 2020)

## Five Ways to Wellbeing

Research by the New Economics Foundation ([www.neweconomics.org.uk](http://www.neweconomics.org.uk)) highlighted five practical actions that can support and improve wellbeing.

**Connect • Give • Be Active • Keep Learning • Take Notice**



**Curated by City Treasures Tours**  
London adventures for curious minds  
[www.citytreasures.london](http://www.citytreasures.london)