Gratitude walk (Keltner, 2023)

Gratitude walks are the perfect activity for adults and/or children when they are feeling stressed and/or overwhelmed. It involves taking a walk in nature, somewhere where there are different plants and trees, animals and insects or a pond, lake, or the sea.

It can be a walk around your garden, a local park, or neighbourhood where the focus is on things you are grateful for in nature, such as the bright blue sky, the brightly coloured flowers, the buzzing of a bumble bee or the bird song.

This can help to promote positive emotions, mindfulness, and resilience. It can also promote a feeling of awe and wonder at the beauty that surrounds us that we don't always pay attention to.

Research shows we experience more positive emotions when we experience a sense of gratitude regularly so look for ways to get outside and take a gratitude walk next time you feel the stress levels rising.

