

Heart Happiness Walk at Oak View



February is a time to celebrate HEARTS!

Walking in nature offers stress-relieving and mood-boosting advantages. Use this guided walking activity to celebrate your mind, body, and heart while practicing love and appreciation for the beauty around you.

Begin on the Jones Creek Trail (0.8 miles). You can find the trailhead at the edge of Oak View's parking lot, next to the picnic table. As you begin your walk, focus your attention on the beauty of your surroundings. If negative thoughts enter your mind, recenter and focus on the positive and beautiful.

As you continue your walk, notice the beauty in your surroundings. It may be some bright berries from a bush, the soft babble of the stream as water passes over and under the bridge, it may be the pleasantly light crunch of the trail under your feet. Think about what you find beautiful, what you find delightful, or perhaps an act of kindness you've experienced recently.

Repeat this walk as often as you'd like! You can walk the Jones Creek Trail time and time again, and choose to focus on changes you encounter. Focus on how the trail changes as the seasons gradually change, and how the sights, sensations, smells, and sounds change with each day. Think about the new things you find, the new things you notice, and hold them in your mind and heart as simple joys.

