Surround your Workday with Calm

When working from home, work-life and home-life have blended together in new ways. **Try starting or winding down your workday with a mindful walk.** A mindful walk is one in which you use all of your senses to tune into what’s around you. Take a stroll outside or even around the house, using what’s around to ground yourself in presence.

Check out the Mindful Walking meditation in the Calm app. Sessions range from **5-30 minutes.**

*Consider this moving meditation your new commute!*