



FULL MUSE TRANSCRIPT

# Ari

*centred • focused • relaxed*

During covid had time to focus more on myself. Focus more on pulling back the pace, the hustle and bustle of life and balancing those on a day-to-day basis. Since covid, I walk three times a day because of my new puppy. However, taking walks to feel calm and centering peace, reflect on myself, take in my surroundings during a walk after a long day and sometimes I go with close family, who also enjoy walking in parks.

I always enjoyed walking in parks I prefer walking where there's probably less people, gives you more personal time or time to reflect a more review; and you know make very clear-cut decisions without other people or other aspects of just general community clouding your sort of vision. I think it's a great escape from a very fast-paced society. I think with the adaptations and increasing in technology and that kind of stuff like; I think we're losing sight of what it is to be essentially sort of human.

You know, I don't think a hundred years ago that we would have been so focused on work and other things. And in comparison, to where we are now, um, I think it's had a positive effect on me, you know, when I'm walking and just taking in the surroundings, right! It's enjoyable to see nature as trees, birds and general wildlife just coexisting and without those societal and very human pressures I put on myself.

I'm probably a bit weirder than other people because my favorite time to walk is during the rain and on top of that also generally at night. I think it's very calming, very serene and again just to reflect on my further like earlier point - it's very helpful to center to reflect and relax and it's a very good escape from society's modern pace.

# Colleen

*calm • refreshed • accomplished*

I've always been an avid walker and enjoy taking hikes in serene areas of nature with my outdoor group. Since the pandemic, walking has been a big positive reinforcement to my mental health along with looking after my plants and cooking! There have been a few realisations during my walks, I wondered how I can be a better friend to those dearest to me. Now that the world has 'switched off,' you realise how far a little message can go to a loved one. Another one that always keeps me grounded is the realisation that we are merely specks of dust in this big universe, as I walk up big hills and look down at the vast surroundings beneath me.

I've always enjoyed going out for walks, but during lockdown it became particularly necessary for me to really make sure I was leaving the house and going out for a walk. To make sure that we had an opportunity to reconnect with my body and mind. I get to remind myself that we're alive, particularly during the time where we had so little control over everything else that was going on around us. So for me, I was making sure to get out of the house. Every single day for a minimum of 30 minutes and just go for a walk or it was around the block. Go into the local park, go to the canal somewhere that I could just escape and have a change of scenery just to really get something more from the day.

I've been really lucky that there's lots of different locations nearby that I can go for a walk, whether it's going to the local park, going to the canal or going to the nature reserve. There are a few different options if I want to change of scenery, but one of my favourite places would be the Recon over in Telford, and that's one of my best moments because it was an opportunity to do walk on a much steeper incline than I was used to for my day-to-day walks, but also just the sense of achievement of getting to the top of the weekend was amazing.

For me, going for walks has always been an opportunity to escape from a fast-paced society, but going for a walk just allows me to reconnect mentally in terms of just thinking about what's going on in my mind. What do I need to do? Where am I at? My just really allows me to stabilize the thought process as well.

For me, being around nature is a good, good place for reflection and to really just think things through. It's been a busy day, or I've got a lot of things on my mind, and it just allows me to walk, connect with nature and just to stabilize the thought process and just really think about what I need to do, everything that's going well. Being around our nature just allows me to reflect. To really think, think about what's going on around me and me and what's going on in my life.

I have found that by going for walks I've been able to achieve different thoughts. So particularly I've got a decision that I need to make over it. It's around work or family or friends or figuring out a to-do-list as well. Probably just thinking about the things that I need to do sometimes when I go for a walk, I find that I'm able to put things in order and think OK, this is what I need to do. This is how I need to approach a particular task or a particular project or this is a conversation I need to go and have with this particular person that I've missed. I'm going to go about it. So, I do find that by going for walks, I'm able to come back with quite a clear picture of what's going on and then I can hit the task. I can get onto the phone, or I can do whatever is required of me. To be to be calm and just to feel more productive in my life.

I do think that going for walks can have a positive effect on our psyche and whether that's to do with the color green being a psychologically healing color, I'm not sure. But I do think there is something very calm, very peaceful, about being about amongst nature and not having to think about anything. You just literally got to put one foot in front of the other, just walk and your body does the rest.

I live in a major city, so when I get the opportunity to go for a walk, I do like to go somewhere that has a completely different change of scenery. So somewhere that has a lot of greenery around a bit of trees, ideally some hills as well. I don't mind taking on a, you know, a bit of an incline on my walks as well. But something that just really is completely different. So, it's all about nature. For me, it's really about getting out there, having a complete change of scene. And somewhere that it is really quite pretty to be around as well.

When I'm around nature, I feel very calm. So yes, there is a sense of peace of mind to being around nature for me because it allows me to not think about anything else over than the actual physical activity that I'm doing, which is just to walk. If I'm with company, then it's someone I can just walk and talk with, and we're not having to think or associate ourselves with anything else as. It's going on in the wider world. We're just here doing this very simple activity.

# Hardish

*respite • relaxation • comfort*

I have always gone for walks, as a family, with friends or on my own. This became a daily activity during lockdown so to get fresh air, refresh the mind and connect with nature. I take around 4 - 5 walks a week (some in urban spaces and others in local parks).

My local park, Senneleys Park is a nice place to go for a walk. A precious moment (or adventure) includes when my daughter and I go into the woodland area inside the park, and we pretend that we have entered an enchanted forest where only her and I can see elves, fairies, and other mystical creatures. I also love going for walks in Woodgate Valley Country Park which is around the corner from my home. It's full of adventures with horses, a little farm and lots of walking places. Further away I have childhood memories of Coombe Abbey Country Park outside Coventry and Memorial Park in Coventry city centre. I have taken my daughter on many occasions so that she can experience the magic of these parks as I did when I was younger.

Taking walks act as a mental and physical escape but I do have a habit of taking photos on my phone of compositions of nature which I want to capture so that I can upload them onto Instagram and share with the world! I see patterns, colours and shapes in my surroundings during a walk which inspires me to take photos.

Nature is a good place for reflection - but it has to be a silent moment. Usually, a lone walk which I also enjoy. I feel a great sense of peace of mind in nature and as a result of these questions, I am going for a walk in a park later today.

# Mary

*relaxed • invigorated • happy!*

Walking is my mode of transport, so I take walks daily. I also take pleasure walks up to two times a week. I love to walk! One of my favourite locations is the Coventry canal, from home through the fields to Berkswell, Memorial Park and various woods in the city.

Although most of my walks take place in an urban setting, during them I'm on the lookout for elephants, dragons, grotesques and green men in my surroundings. I spend a lot of time looking up on buildings and peering behind corners and into nooks and crannies.

A few best moments in nature is hearing the birdsongs; spotting strange mushrooms, patterns and faces in the bark; the changing sky; ducks, swans, and baby chicks! reflections; the smell of the damp earth and the wind in my hair.

Nature is a good place for reflection! I have paper and pen in my pocket during my walks as I have many thoughts of realisations which often generate ideas, phrases, and poems. It helps to dislodge words and thoughts as they evaporate if I don't take them down. Paying attention to nature (not actively thinking) is particularly good for my creativity. I like to take pictures of things that make me smile during walks, and often marry up these images with words when I get home. Another realisation is that I remember what I've forgotten from my shopping lists!

The whole sensory experience of walking in nature has a positive effect on my psyches as well as the colour green being a psychologically healing colour. The smells and sounds as well as the sights. Movement of the body and the feel of the elements on the skin are all part of why walking feels so good. Plus, this is Coventry! I always bump into someone for a random conversation! And that feels good!

I find peace of mind in nature. Nature reminds me of the beauty of the world. It takes me out of myself. Allows me to be more attentive to what is around me. To take notice and take pleasure in taking notice. Walking in nature, in the green spaces of the city, does give me a feeling of peace and gladness to be alive.

# Pacharo

*calm • peaceful • relaxed*

It's a healing tool. Sometimes I finish work and I'm really stressed out and I feel like, oh gosh, well, once I go out there is all the stresses is relieved. It's quite humbling in a sense. It takes away your worries. When I go for a walk, I don't listen to my music. I just want to listen to, you know, to nature.

I find peace of mind in nature because definitely yeah, because when I go out there for a walk, it's just me and nature. When you hear the birds singing and the sound of the trees, the fresh air. It is a good connection there. Yeah, I find it very peaceful.

My favourite locations to walk and the best moments in nature? I would say. In the woodlands, no specific place. I would say I enjoyed Malvern Hills and the Peak District is lovely. It's got, you know, nice views and nice places where you can go for a walk and feel really, really peaceful.

Before I was only taking walks then I went on to do hikes. Once I started, I did not want to stop. And I didn't realise how much I was missing. And how peaceful it is just to go out there and, you know, connect with nature and come back and feel peaceful and calm and relaxed after a nice walk.

It's the moment you know we take photos to keep a memory but the memory in your mind and the experience in life is enough. These days we always want to share with friends, isn't it? On social media and all that but sometimes just experience it yourself.

# Ray

*slight stimulus • calm • peaceful*

Walking has always been a hobby for me, especially since the loss of my wife helped me to feel less isolation as the parks are filled with so many beings and surprises like this one: speaking with you!

I started talking up walks more frequently since I stopped working. My preferred parks are those that have a river or pond. I enjoy witnessing the seasonal changes like the blossom trees from spring to fall.

Walking helps me to clear my mind of clutter – it has a calming effect on me, helps to levitate the constant noise of everyday life.