



Urban Paths TeleWalking Guidelines



TeleWalking with a friend or family member is a great way to enjoy all the health benefits of:

Being outside in nature, moving your body, venting, processing stress and allowing the same for your partner. There are times when you might not be able to walk together in person but you can always TeleWalk. All it takes is a phone, earbuds, and a partner who agrees to follow these simple guidelines.

Some people are naturally great listeners and others, well...not so much. This guide is a way of having everything in writing to keep both of you on track!

- **TIME** - set a timer on your phone. Start with a 30 minute walk with each participant having 15 minutes of time to share and be heard.
- **PLACE** - pick a familiar area to walk so you can focus on your partner and your own thoughts not on directions.
- **NO FIXING** - TeleWalking is a time to simply hold space and listen. Asking for advice or guidance is a different conversation.
- **CONFIDENTIALITY** - What is said on the trail stays on the trail. It feels so good to trust and be trusted don't lose out on that by gossiping.
- **TRAIL AMNESIA** - There is no need to remind your buddy of the things they said on your last walk together. All you need to remember is that you are here to listen and be heard.
- **HEAR/HERE STATEMENTS** - Supportive responses instead of sympathy or silver lining stories. If someone tells us about a problem or stress and we say "OMG, you poor thing!" or "After the storm, comes the rainbow" etc., it can feel deflating instead of empowering. Try these Hear/Here statements instead, "I hear you" or "I am here for you."
- **NO JUDGEMENT** - The problem or stress shared is what is causing your buddy stress. Judging what is stressful makes it worse. When we are venting no one wants to be told "Oh, that doesn't seem that bad" or "That was an awful thing to tell your boss."

REACH OUT IF YOU HAVE ANY QUESTIONS. I AM HERE FOR YOU!

Keep Taking the Next Step,
Laura

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