



Hiking for Health

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Engaged
Living

SUMMARY

For this experience I devoted my time to hiking nearly every week at various local trails and state parks for a total of 75 hours. My goal was to establish hiking as a lifelong habit which will benefit both my mental and physical health. I was the primary target impacted by this experience as the outcomes only affected me personally. Throughout the experience I would go to hiking trails, sometimes alone, sometimes with friends or family, and throughout the hike I would think to myself, or talk to my companion, about my thoughts and concerns, allowing me to process my emotions in a healthy manner. Ultimately, this experience served as a method of self care and helped me put things into perspective, realizing there's more to life than just my engineering program.



SPICES

This experience is representative of the SPICES area engaged living. Hiking serves not only as an excellent form of exercise but provides time for self-care mentally. Completion of this experience helped establish a lifestyle pattern which promotes prioritization of both physical and mental health.

HERBS

Hiking embodies the HERBS benevolence. Throughout this experience I learned to spend more time doing something I enjoy and that I know is good for me, demonstrating benevolence towards myself. We're taught from a young age to be kind to others, but kindness towards ourselves is something we often overlook.

LEARNING OUTCOMES

By committing to hiking for this experience I believe the most pertinent learning outcome was self-reflection & awareness. The hours I spent hiking provided me with time to process my own thoughts, establishing good mental health habits, but it also allowed me to connect with nature and realize my place within the world. Ultimately, this experience helped me acknowledge that there's more to life than academia and it's okay to do things for yourself.



IMPACT

This experience primarily impacted only me, as it helped me establish a lifestyle pattern which promotes prioritization of both physical and mental health. I've enjoyed spending time hiking and I plan to continue doing so beyond the completion of this experience. Therefore, I've accomplished my primary goal which was to initiate a lifelong healthy habit. Beyond impacts on myself, I've realized that if all individuals were to prioritize their own mental health and happiness by investing time into things they enjoy our society as a whole would be more efficient.

ADVICE

I would advise students interested in an engaged living experience to choose something that they'll enjoy whether or not it's related to school. We already invest so much of our time to academia.