

# Listening to the Quiet Voice: Finding Meaning in Our Own Pilgrimage

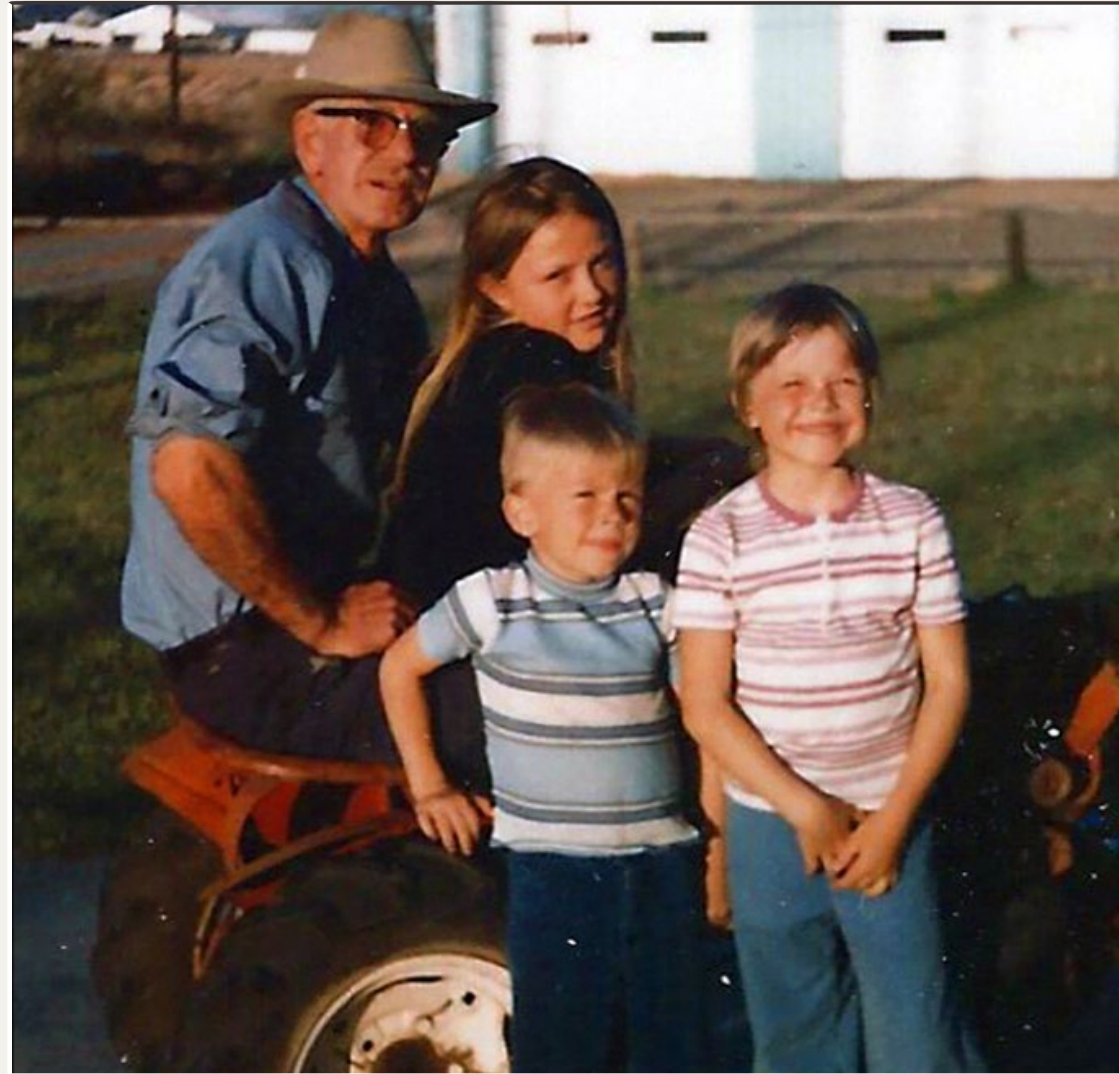
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Walking the Next Mile  
NMRHCA Wellness Fair 2026

A journey of listening,  
reflection, and renewal

Presented By:  
**Jess Biggs, MS**

# Grandpa French and 4 AM Cafes



# An Invitation to Stillness



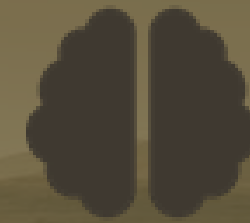
## A Guided Pause

Together let's take a moment to stop, breathe, and notice the quiet for 10 seconds



## The Camino Image

Sunrise on the trail; meeting new friends and connections; the physicality; what happens when ordinary life's noise falls away?



## The Central Question

What is the quiet voice - and why don't we hear it?

A photograph of a winding dirt road through rolling hills at sunset. The sky is a warm, golden-brown color, and the hills are covered in dry grass. The road curves through the landscape, leading the eye from the foreground into the distance.

We Think We Know What Makes Us Happy...

...but the science tells us that mostly  
we are wrong

We chase fame, achievement, and the next  
milestone, believing they will bring happiness.

A Camino pilgrim offers a radical interruption  
to these assumptions.

# What Is The Quiet Voice?

"On the Camino, I found a small chapel and sat in silence. In that stillness, I heard my own heart for the first time in years."



## Miswanting

Wanting things that don't actually deliver wellbeing. We chase promotions, possessions, and milestones, believing they'll fulfill us.

— psychologist Timothy Wilson



## The quiet voice is different

It knows what we truly need, beyond our often wrong desires. It whispers when we're still enough to listen, guiding us toward genuine contentment rather than fleeting satisfaction.

# Why We Stop Listening

47%

of our waking hours are spent thinking about something other than what we are doing and mind wandering consistently predicts lower happiness.

Killingsworth & Gilbert

## Hedonic Adaptation

We adapt to good or bad things quickly and return to baseline — so we keep chasing the next milestone, drowning out the quiet voice.

## The Impact Bias

We overestimate how much past and future events affect us. We're always looking behind or ahead, never being where we actually are.

## The Camino Lesson

Pilgrims describe the first days as hardest — not physically, but because mental noise travels with you before it finally quiets.

# Your Own Pilgrimage - Practices for Listening

 Deliberate Walking

“As the sun rose over the trail that morning, I found myself pausing to simply breathe. In that quiet moment of stillness, I discovered that resilience isn't about pushing forward—it's about allowing renewal to find you when you stop long enough to listen”.

 Journaling as Your Trail Log

 Create Deliberate Moments of Pause

Walking becomes a moving meditation.

Walking is thinking with your body — the rhythm loosens something.

# Your Own Pilgrimage - Deliberate Walking

A Tool for Inner Listening

Simple Practices to Begin:

- If you can, start with just 5 minutes
- Leave your phone at home
- Ask yourself questions

# Your Own Pilgrimage - Journaling as Your Trail Log

Capturing Your Inner Journey

Not just events — sit with questions.  
What am I carrying?  
What am I ready to set down?

Gratitude rewires the brain's negativity bias.



Simple Practices to Begin:

- Start with just 5 minutes each morning
- Write without judgment or editing
- Note three things you're grateful for
- Reflect on one moment of stillness

# Your Own Pilgrimage - Create Deliberate Moments of Pause

Daily Check-In

Three questions:  
What do I feel?  
What do I need?  
What matters most today?

Interrupts the brain's  
wandering default mode.

Simple Practices to Begin:

- Start with just 2-3 minutes each morning
- Notice your breath without changing it
- Acknowledge thoughts, then gently return
- Build gradually over weeks

# Ritual

A sepia-toned landscape photograph of a dune. A path made of stones or shells winds across the sand. A single tree stands on the left side of the dune. The word "Ritual" is overlaid in white text in the center.



# Strategy Spotlight

Sarita & Tom Loehr

Find rituals that resonate with your heart and honor your unique path



## The Simple Act of Walking

It's meditative and peaceful; brings clarity for a busy mind

## Learning/Self Development through reading

Strengthens my brain, satisfies curiosity, and I get new ideas for health, home, family



## Goal Setting & Journaling

These activities and strategies are sacred to us; we build our lives around these commitments

## Committing to New Health Rituals

Weight lifting, sleep, and body rest

We have changed and improved our health immensely through these strategies/activities - It's a way of life for us

# Strategy Spotlight

Ana Hernandez

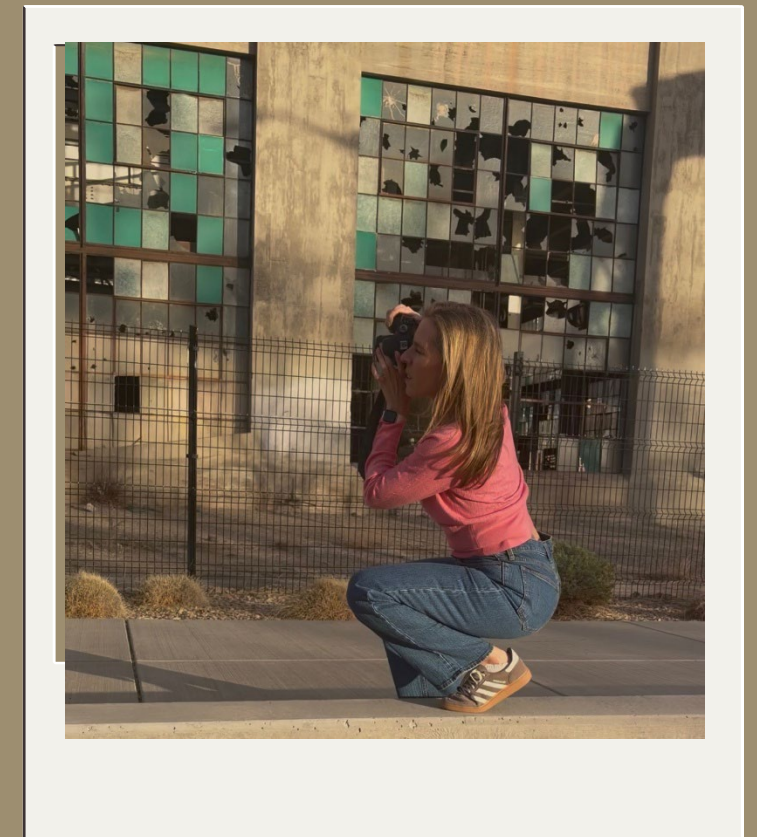
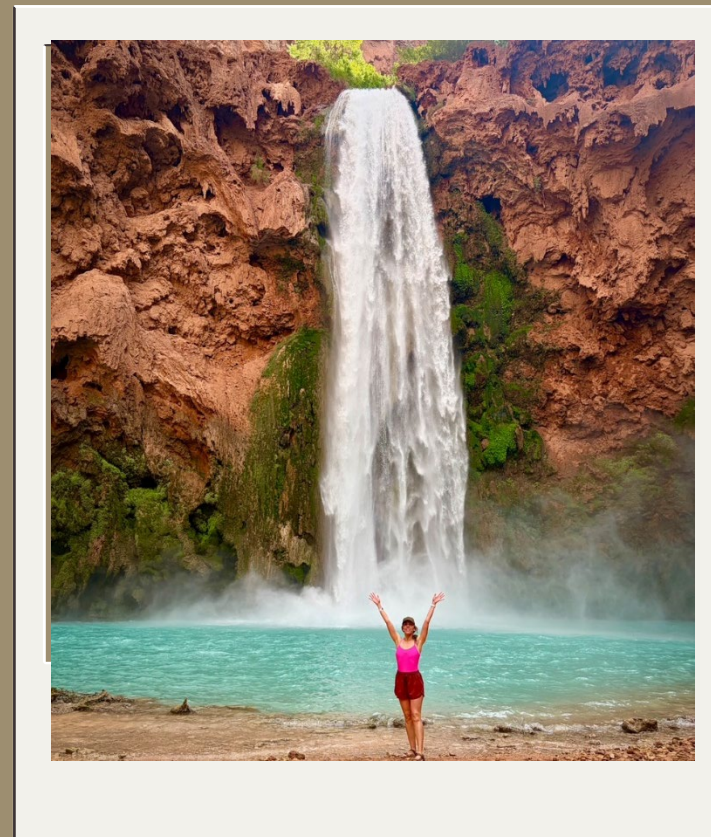
## Time in Nature

Whether it's a daily walk or seeing something remarkably beautiful, being outside resets my nervous system and restores my perspective. I intentionally seek out moments of awe and unexpected beauty to inspire me.

## Photography

Pulls me completely into the present moment while igniting my creativity and challenging my brain in new ways. It brings me joy to celebrate someone's life through a photo.

Find rituals that resonate with your heart and honor your unique path



# Strategy Spotlight

Jacki Pacheco

Exercising Outdoors such as paddle boarding, hiking, running, and going for a walk

These activities help center me and bring me back to myself. If I am feeling overwhelmed, unclear, or need to improve my mood these always help. But doing outdoor activity everyday really keeps me grounded.

Yoga, especially outdoors

This helps with recovery, deep breathing, and helps me focus on my personal and professional goals. Yoga outside is another added benefit

Find rituals that resonate with your heart and honor your unique path



# Strategy Spotlight

Jess Biggs

## Mountain Biking

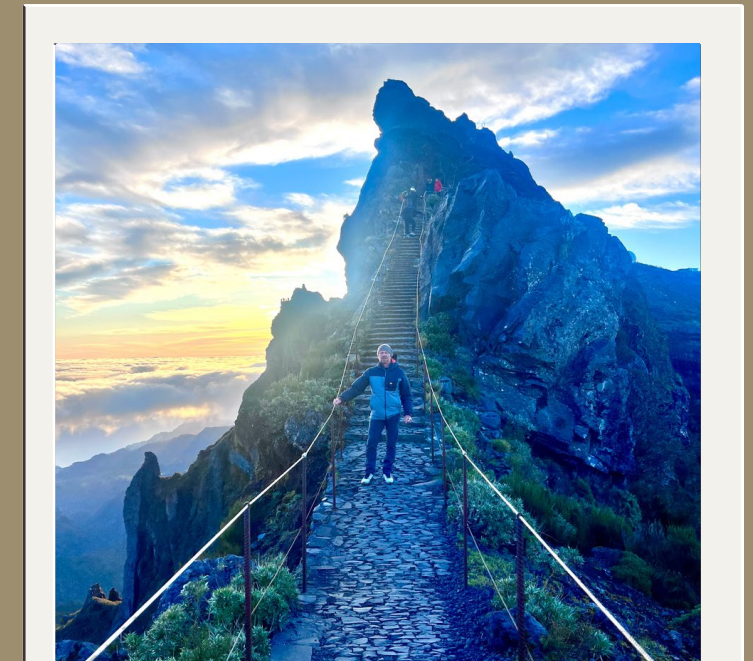
If I have a problem to solve, or feeling down/off, I find clarity and a boost from single track trail

It is my therapist

## Adventure and Discovering the Amazing Beauty of Nature

The awe and grandeur I experience in adventuring throughout the world grounds me and keeps me humble

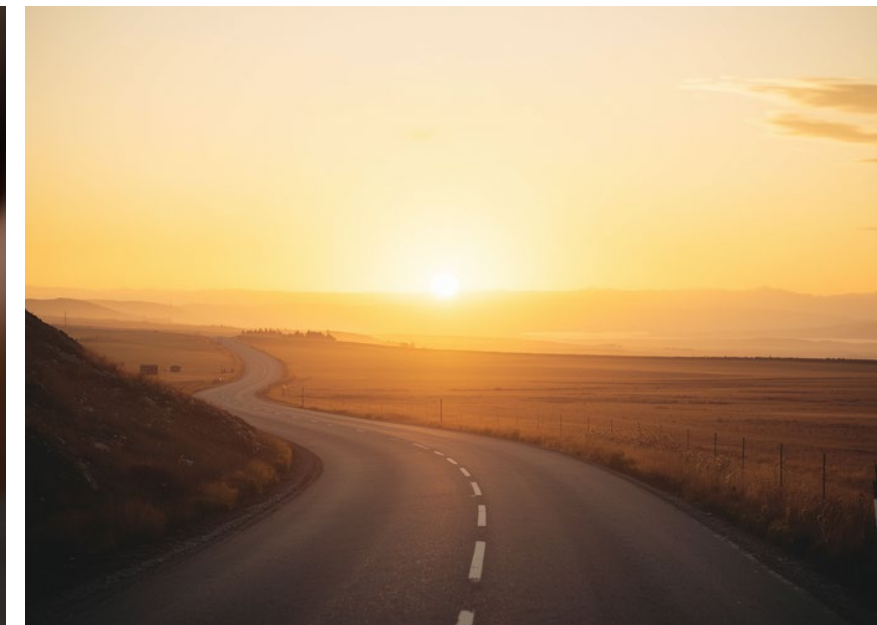
Find rituals that resonate with your heart and honor your unique path



**Walk away with this**

What question has been walking alongside me that I haven't yet stopped to answer?

This week I will practice \_\_\_\_\_  
for 5 minutes a day.



# Buen Camino

Continue Your Pilgrimage  
with Openness and Joy



Take the survey

