



Pick a Place: AWARENESS

Strolls for Well-being at ISU: Press Pause & Take a Break...

A mindfulness practice can reduce stress and support a sense of well-being. This practice can take place whenever and wherever it works for your schedule. Perhaps during a neighborhood walk, at a local park, or simply looking out a window onto the natural surroundings.



Begin by stilling your mind with a few deep breaths. Come into this present moment and bring your full attention to this experience. During your practice, pause occasionally and notice the physical location and reflect on the options below.

Bringing **Awareness** to this present moment is a first step to being more mindful and releasing unhealthy stress from your daily experience.

“Every day we engage
in a miracle which we
don’t often
acknowledge— blue
sky, white clouds and
green leaves.
All is a miracle.”
-Thich Nhat Hanh

What are you aware
of in this moment?
What colors
can you see?
What can you hear?

Rub your hands
together and feel the
heat they generate.
Place your hands on
your heart and feel
the warmth.
How does your heart
feel?

Thoughts:



Pick a Place: CONNECTION

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Connection is a necessary part of being human and an important component of not only surviving but thriving. It's not only the connection with and between people, but also the natural world around us.

“Connection is the energy that exists between people when they feel seen, heard and valued... when they derive sustenance and strength from the relationship.”
-Brene' Brown

What do you notice about the types of connections you see around you?
People?
Space?
Nature?

Take a slow deep breath, pause, then exhale fully, releasing all the air. Take two more mindful breaths. Notice how connected you feel with this moment.

Thoughts:



Pick a Place: TRANSITION

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Transition and change are a part of everyday life. It is how we engage and learn to work with transitions that impact our experience of the present moment and our outlook on the future.

“The secret of
change is to focus all
of your energy not
on fighting the old,
but on
building the new!”
-Socrates

As you pause, tune
into your senses.
What do you notice
changing? The
flowers, the trees, the
light of the day, the
people passing by.

Slow down today.
Do one thing at a
time and slower than
normal.
Walk slower.
Eat slower.
What do you notice?

Thoughts: