

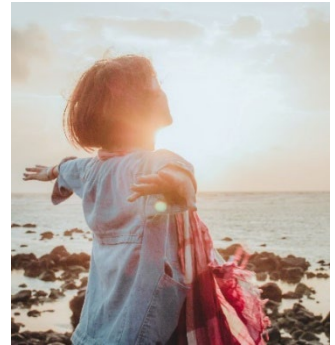


Pick a Place: FREEDOM

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.



The **Freedom** that you experience is directly related to the choices that you make each day. You can look at the options available to you and choose how you see your life and how you spend your time.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”
-Viktor E. Frankl

Sit quietly and close your eyes.

What can you hear?

What have you never noticed before?

Walk around slowly. Notice the different colors, textures and spaces.

What do you see?

How does it make you feel?

Thoughts:



Pick a Place: FULFILLMENT

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The **Fulfillment** that you experience is directly related to your willingness to pause and notice. How you perceive your life is how you see it, how you feel it, how you explore it– it's what you are grateful for.

“To live a life fulfilled, reflect on the things you have with gratitude.”
-Jaren Davis

What are you aware of in this moment?
What colors and textures can you see and feel around you?

Walk slowly and notice your feet as they touch the ground. What sensations do you feel as you connect with the earth?

Thoughts:



Pick a Place: REFLECTION

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The **Reflection** that you infuse into daily experiences offers opportunities to notice and then proceed. By pausing and checking in with yourself, you can identify choices and make decisions that positively impact the well-being of you and others.



We do not learn
from experience.
We learn from
reflecting on
experience.”
-John Dewey

Look around in all
directions.
Check in with your
senses.
What do you see?
What do you hear?
What do you smell?

Take a slow inhale,
breathing in deep
and full.
Pause and fully
exhale, releasing your
breath.
Repeat four times and
notice how you feel.

Thoughts: