

Pick a Place: FORGIVENESS

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.

Our ability for **Forgiveness** is a powerful tool that can help us to move forward with grace and compassion or keep us stuck in the past. Take the time to explore the experiences you have had, the lessons you have learned and how you want to move forward.



“Forgiveness is not an occasional act, it is a constant attitude.”
—Martin Luther King Jr.

Notice what you can see around you. How does nature work to create a sense of harmony?

Take a slow breath in and notice as the air enters and exits through your nose. Pause and take another breath. How do you feel?

Thoughts:

Pick a Place: JOY

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The **Joy** that we experience is directly related to our willingness to pause and notice. Take the time to bring awareness to what is happening right here, right now and the joy that is waiting for you to explore.

“Let there be more joy and laughter in your living.”
– Eileen Caddy

Notice what you can hear around you.
What sounds bring you joy?

For part of the practice, slow down.
Notice how your body moves.
What do you notice?

Thoughts:

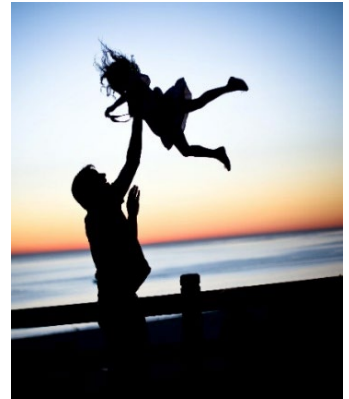
Pick a Place: TRUST

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Experiencing and learning to **Trust** is essential to having a happy life. We develop trust in others and ourselves by stepping outside our comfort zone and trying something new.



“Trust in what you love, continue to do it, and it will take you where you need to go.”
-Natalie Goldberg

Check in with your senses.
What do you see?
What do you hear?
What can you smell?

When outside, walk on the grass.
Notice, and trust, that the earth will support your every step.

Thoughts: