

# Pick a Place: GRATITUDE

## *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 **Gratitude** to this present moment raises awareness for all which we can be thankful for. Everything from how our heart knows to keep beating to the beauty of nature that surrounds us.



“This is a  
wonderful day.  
I’ve never seen this  
one before.”  
-Maya Angelou

Pause. Close your  
eyes or gently gaze  
to the earth.  
Listen to the sounds  
that surround you  
with gratitude.

As you walk to this  
place, consider all  
that you are  
grateful for.

## Thoughts:

# Pick a Place: JOURNEY

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Our **Journey** to this present moment has included many twists and turns. Explore the paths that you have experienced and the lessons you have learned.

“Aim for the sky, but  
move slowly, enjoying  
every step along the  
way. It is all those little  
steps that make the  
journey complete.”  
-Chanda Kochhar

As you look at the  
horizon,  
what colors do  
you see?  
What sounds can  
you hear?

Take a deep breath  
in through your nose  
and let it out slowly.  
Pause for two  
seconds and repeat.  
This is a great stress  
reliever!

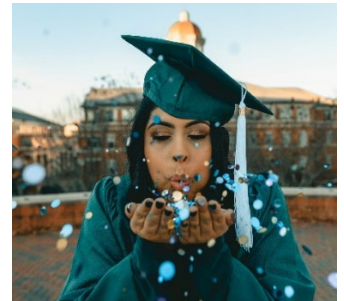
## Thoughts:

# Pick a Place: POSSIBILITY

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Bringing **Possibility** to this present moment brings the infinite options that we always have and are only limited by our own minds.

“When nothing is sure, everything is possible.”  
-Margaret Drabble

Think of the possibilities you have today.  
What food to eat.  
How to spend your time. Pause and notice the choices.

Move slowly around this place. Look at things close to ground and high above. What do you notice from different perspectives?

## Thoughts: