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

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?

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

Thoughts:

*Strolls for Well-being at ISU* is a collaborative effort of the Center for Excellence in Learning and Teaching (CELT) and ISU WellBeing. Inspired by Morikami Stroll for Well-Being Program.
Pick a Place: CONNECTION

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.

**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

Thoughts:

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.

---

*Strolls for Well-being at ISU* is a collaborative effort of the Center for Excellence in Learning and Teaching (CELT) and ISU WellBeing. Inspired by Morikami Stroll for Well-Being Program.
Pick a Place: TRANSITION

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.

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:

We need your feedback! Click here or scan the QR code to access the survey.