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:

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: JOURNEY

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

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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.

“\textit{Aim for the sky, but move slowly, enjoying every step along the way. It is all those little steps that make the journey complete.}”

\textit{-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:

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Pick a Place: POSSIBILITY

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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 **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:**