



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

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

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?

Thoughts: