



# 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

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.

## Thoughts: