



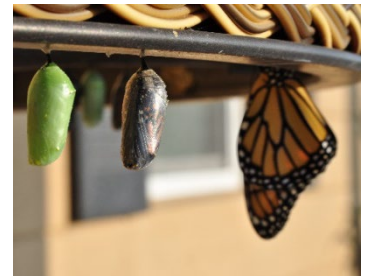
Pick a Place: TRANSITION

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: