



# Pick a Place: FORGIVENESS

## *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.



Our ability for **Forgiveness** is a powerful tool that can help us to move forward with grace and compassion or keep us stuck in the past. Take the time to explore the experiences you have had, the lessons you have learned and how you want to move forward.

“Forgiveness is not an occasional act, it is a constant attitude.”  
—Martin Luther King Jr.

Notice what you can see around you.  
How does nature work to create a sense of harmony?

Take a slow breath in and notice as the air enters and exits through your nose. Pause and take another breath. How do you feel?

## Thoughts: