



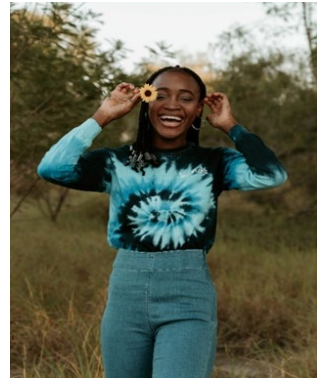
Pick a Place: JOY

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.

The **Joy** that we experience is directly related to our willingness to pause and notice. Take the time to bring awareness to what is happening right here, right now and the joy that is waiting for you to explore.



“Let there be more
joy and laughter in
your living.”
– Eileen Caddy

Notice what you can
hear around you.
What sounds bring
you joy?

For part of the
practice, slow down.
Notice how your
body moves.
What do you notice?

Thoughts: