



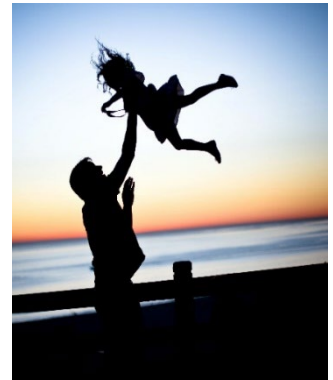
# Pick a Place: TRUST

## *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

Experiencing and learning to **Trust** is essential to having a happy life. We develop trust in others and ourselves by stepping outside our comfort zone and trying something new.



“Trust in what you  
love, continue to do it,  
and it will take you  
where you need to go.”  
-Natalie Goldberg

Check in with your  
senses.  
What do you see?  
What do you hear?  
What can you smell?

When outside, walk  
on the grass.  
Notice, and trust, that  
the earth will support  
your every step.

## Thoughts: