

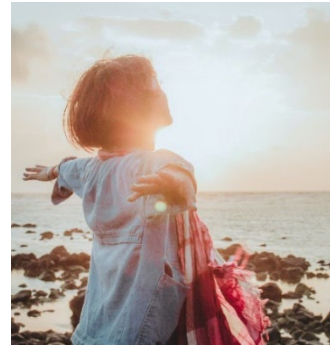


Pick a Place: FREEDOM

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 **Freedom** that you experience is directly related to the choices that you make each day. You can look at the options available to you and choose how you see your life and how you spend your time.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”
-Viktor E. Frankl

Sit quietly and close your eyes.

What can you hear?

What have you never noticed before?

Walk around slowly. Notice the different colors, textures and spaces.

What do you see?

How does it make you feel?

Thoughts: