



Pick a Place: FULFILLMENT

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 **Fulfillment** that you experience is directly related to your willingness to pause and notice. How you perceive your life is how you see it, how you feel it, how you explore it– it's what you are grateful for.



“To live a life fulfilled, reflect on the things you have with gratitude.”
-Jaren Davis

What are you aware of in this moment?
What colors and textures can you see and feel around you?

Walk slowly and notice your feet as they touch the ground. What sensations do you feel as you connect with the earth?

Thoughts: