



Pick a Place: GRATITUDE

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.



Bringing **Gratitude** to this present moment raises awareness for all which we can be thankful for. Everything from how our heart knows to keep beating to the beauty of nature that surrounds us.

“This is a
wonderful day.
I’ve never seen this
one before.”
-Maya Angelou

Pause. Close your
eyes or gently gaze
to the earth.
Listen to the sounds
that surround you
with gratitude.

As you walk to this
place, consider all
that you are
grateful for.

Thoughts: