

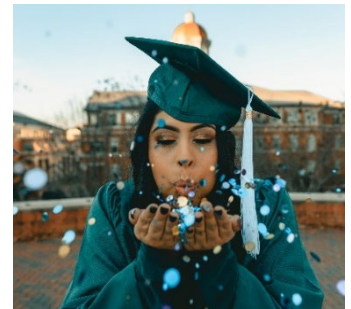


# Pick a Place: POSSIBILITY

## *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 **Possibility** to this present moment brings the infinite options that we always have and are only limited by our own minds.

“When nothing is  
sure, everything is  
possible.”  
-Margaret Drabble

Think of the  
possibilities you  
have today.  
What food to eat.  
How to spend your  
time. Pause and  
notice the choices.

Move slowly around  
this place. Look at  
things close to  
ground and high  
above. What do you  
notice from different  
perspectives?

## Thoughts: