



Strolls for Well-being at ISU:

Press Pause & Take a Break...

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Acknowledgements

The *Strolls for Well-being at ISU* program is a collaborative effort by the Center for Excellence in Learning and Teaching (CELT) and ISU WellBeing to bring more mindfulness opportunities to campus. Visit the CELT or ISU WellBeing websites for more information.

Special Gratitude

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Inspiration and guidance from the staff of **Morikami
Museum and Japanese Gardens**

**For extra copies of this guidebook, please contact
worklife@iastate.edu.**

Background, Foundation and Getting Started

Strolls for Well-being at ISU: Press Pause & Take a Break...

The *Strolls for Well-being at ISU* have been created to offer opportunities to practice mindfulness by pressing pause and taking a break. If you are feeling stressed, overwhelmed or simply need to step away from your workspace, the Strolls are here for you. Whether you have 30 minutes or 5 minutes, these materials have been designed to be flexible and fit into your schedule.

So, pick a pause, a stroll or step away from your space and ‘pause where you are’– it is up to you. These mindfulness practices offer ideas of campus locations to go, reflection questions to ponder and strategies to get you into the present moment. Make the time to take a few deep breaths, notice the natural beauty around you and simply ‘be’ for a few moments.



In this section you will find:

- **The Background and Benefits**
- **The Purpose and Intention**
- **How to Get Started: The First Steps**
- **Beginning Your Stroll**

The Background and Benefits

We know that making time for self-care and well-being supports more balance in work-life and the ability to enjoy the present moment with happiness and wonder. The *Strolls for Well-being at ISU* program is a joint effort by the Center for Excellence in Learning and Teaching (CELT) and ISU WellBeing to bring more mindfulness opportunities to campus. This program is based on the *Stroll for Well-Being and Healing Gardens Walk* program at the Morikami Museum and Japanese Gardens in Florida. We thank the staff for their time, knowledge and resources that they shared to make this program a reality at ISU.

Research studies done at Morikami and other locations show that people who practice mindfulness regularly feel a great sense of calm during their day. Other benefits you might experience are:

- Reduce your stress level
- Boost your immune system
- Improve your concentration
- Help you be less reactive in difficult situations

We know that making time for a formal practice does not work for everyone and many people prefer alternatives that are flexible and fit into their schedule. All of these things were taken into consideration as we began creating the *Strolls for Well-Being at ISU*. We will continue to reach out for feedback and insights as we evolve these materials and opportunities to best serve our ISU community and beyond.



The Purpose and Intention

The strolls and pauses are designed to support you as you experience stress, anxiety, when you are generally overwhelmed or simply need a break. Each pause offers contemplation and an intentional connection with nature's beauty and bounty that exist on our amazing campus. As you continue to explore the strolls and pauses over time, we believe that you will notice a difference in your attitude and ability to adjust to life's unpredictable situations, uncertainty and constant change.

The How to Get Started: The First Steps

First, decide how much time you have for this experience. Depending on your location, a pause could be done in around 15-20 minutes and a full stroll (six pauses) could take up to an hour. If you only have a few minutes, go the *Pause Where You Are* section for options.

For fall 2021, there are three different themed Strolls to experience: *Awareness, Connection and Transition*. All three of these strolls utilize the same six pause locations on campus. The difference in the strolls is that the quotes and choices for reflection have an intentional focus based on what you want to reflect on: *Awareness, Connection or Transition*.

If you decide you do not have time for an entire stroll, you can still choose one of the three themed strolls, look at the various pauses and select one that sounds interesting. Or you can go to the *Pick a Pause* section and choose one of these options.

Once you have decided what to explore today, look at the map (with photos to help find your way) and head to that location. For convenience in creating the map, the Strolls all have the first pause at the Memorial Union. You do not need to begin a stroll at the Memorial Union— start where it works for you.

At each pause, there is a reflective prompt and either an opportunity to connect to your physical senses or a mindful movement, plus a blank area for you to jot down your thoughts with words or images. So, decide how much time you have, what option is the best fit for your schedule and go enjoy!

Beginning Your Experience

Find a comfortable place where you can start at the location you have decided on. Once you are there, stop and take a few deep breaths, noticing and being grateful for the air coming into your body to support you. As you exhale, breathe out all the stress and tension you may be feeling or holding inside.

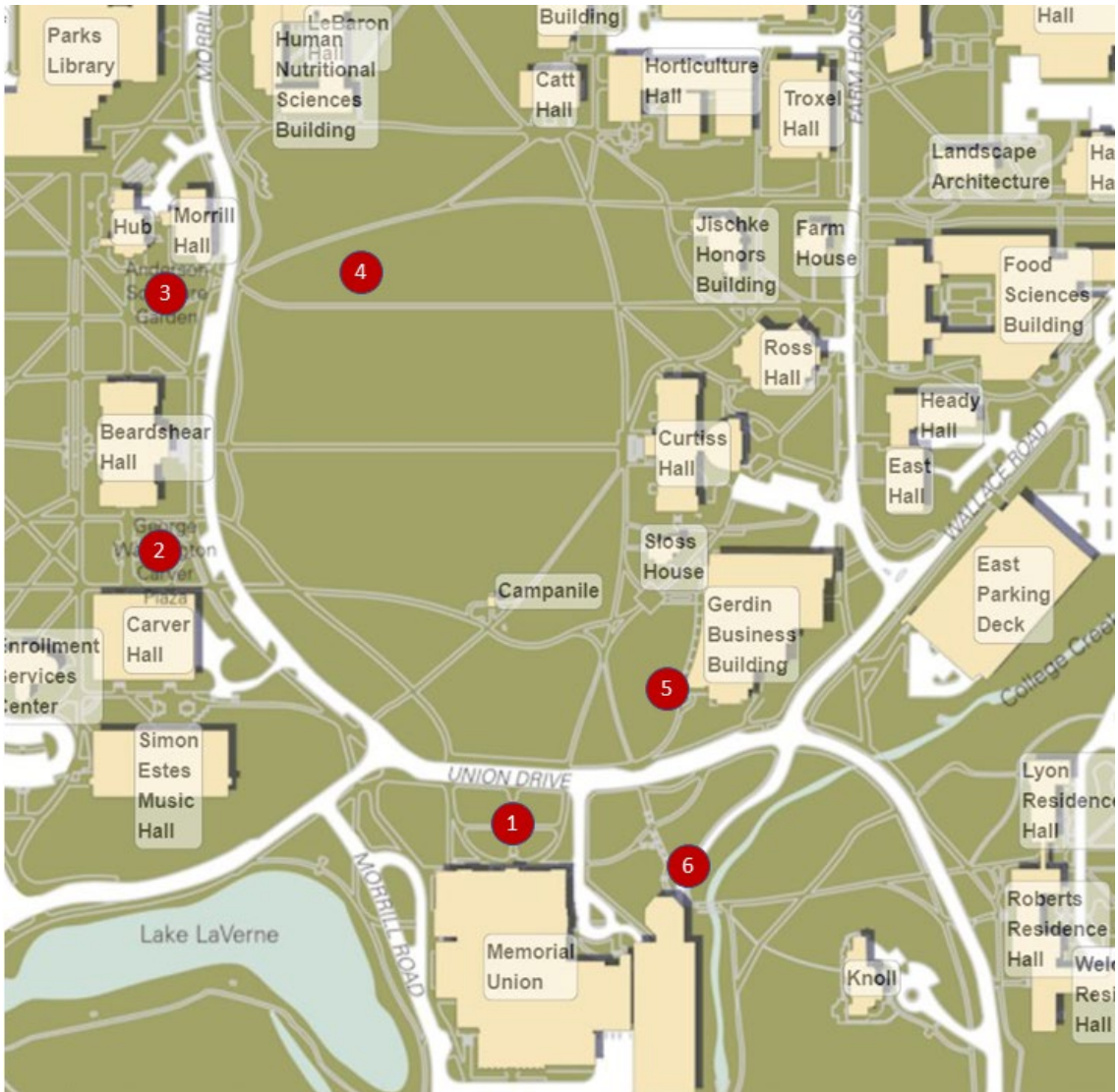
As you begin, notice the two intentions that are offered by *Strolls for Well-being at ISU*. One intention is to notice the physical path as you walk, the natural wonders all around and the amazing art displayed on campus. The other intention is a contemplative path as you reflect on past, present and future aspects of your life.

As you prepare to start, begin to quiet your mind. Put aside thoughts of schedules, to-do lists and other responsibilities. Come into this present moment—be right here, right now. Bring your full attention to the experience and the reflective opportunities.



Strolls for Well-being Map

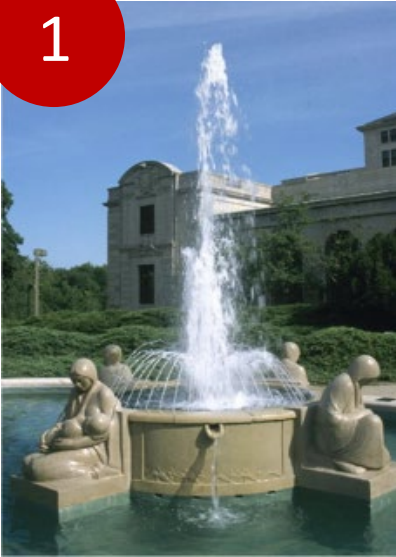
Strolls for Well-being at ISU: Press Pause & Take a Break...



PAUSE #6: You can access the bridge either by taking the stairs down by the Memorial Union parking garage, or by walking along Union Drive and taking the first walking path on the right toward the parking garage.

The history and story behind the pause locations.

1



Pause 1: Circle of Life

Location: The Fountain of the Four Seasons on the north side of the Memorial Union.

Sculpture created in 1941 by Christian Petersen. Inspired by the Osage chant of thanksgiving and placed around a fountain, the four seated Native American women face north, south, east and west, each demonstrating a line of the prayer and the seasonality of the year. The first woman is planting the seed, "Lo, I come to the tender planting." The second bends close to the earth, "Lo, a tender shoot breaks forth." The third holds a harvest basket of maize, "Lo, I collect the golden harvest." The fourth nurses her newborn baby, "Lo, there is joy in my house." Originally born in Denmark in 1885, Christian Petersen eventually emigrated to America to study art and spent 21 years at ISU.

Pause 2: Walking the Path

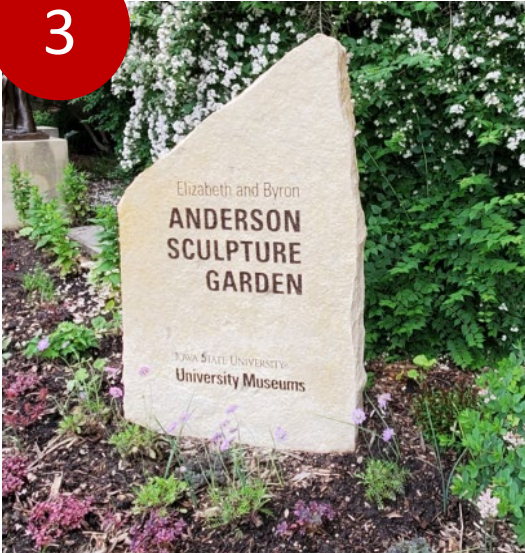
Location: George Washington Carver Plaza, between Carver and Beardshear Halls.

Sculpture created in 1949 by Christian Petersen. The sculpture depicts the scientist George Washington Carver contemplating the peanut, for which he discovered many uses. Carver was the first African American to enroll at Iowa State College, becoming one of its most distinguished graduates. After earning his bachelor's degree in 1894 and his master's in 1896, Carver embarked on his lifetime career at the Tuskegee Institute where he won world acclaim for the development of hundreds of profitable uses for many agricultural products like cotton, peanuts, soybeans and sweet potatoes. Carver was also an accomplished musician, artist, orator, athletic trainer and student leader.



2

3



Pause 3: Zig-Zag Path

Location: Anderson Sculpture Garden between Beardshear and Morrill Halls.

The Elizabeth and Byron Anderson Sculpture Garden wraps around historic Morrill Hall. Shaded by flowering greenery, winding footpaths lined with perennials and shrubs take visitors through works of primarily American twentieth and twenty-first century sculptures. Ranging in size and material, this collection of artwork represents the diverse character of modern and contemporary sculpture in a natural, accessible setting. The Anderson Sculpture Garden also features rotating exhibitions of sculpture.

Pause 4: Tree Pavilion

Location: Class of 1910 Benches in a pine grove. Directly east of Morrill Hall.

The tradition of class gifts from Iowa State Alumni was started in 1876. The Class of 1910 gave \$300 toward stadium bleachers. On its 50th anniversary, three granite benches were placed at north central campus in honor of the Class of 1910. At this time, majestic pine trees encircle the benches.



4

5



Pause 5: Life is a Journey

Location: Gerdin Business Building on the patio on the southwest corner of building.

Sculpture “Untitled” created in 1984 by Julius Schmidt. Originally placed at Lagomarcino in 1986, it was moved to Gerdin in 2004. The column resembles Julian Schmidt's earlier cast iron columns that were described as looking like the nests of insects, as well as rockets encircled by myriad pipes and valves. Complementing Gerdin's modern look, it has been suggested that Julius Schmidt's sculpture resembles a futuristic urban setting. Following a discharge from the Navy in WWII, Julius Schmidt went on to study sculpture in America, London and Florence. During his career, Schmidt taught art at multiple universities, before settling at the University of Iowa as head of the graduate

sculpture department. Mainly working in cast iron and bronze, Schmidt's sculptures explore the dichotomy between the natural and the mechanical.

Pause 6: Moving Water

Location: Bridge over College Creek, east of the Memorial Union by the parking garage

College Creek is the main waterway found throughout campus and the watershed that created Lake LaVerne in 1916 (by LaVerne W. Noyes, a member of the first graduating class of 1872). In 1963, efforts were taken to install twin eight-foot culverts to run College Creek under Hayward Avenue and Lincoln Way to protect this water way. Since 2009, efforts to keep this waterway clean have been a joint effort by volunteers from campus and the Ames community. The College Creek Cleanup brings together individuals from all walks of life who care about the environment and the impact it has.



6

Pause Where You Are

Strolls for Well-being at ISU: Press Pause & Take a Break...

One of the keys to a successful mindfulness practice is flexibility and a variety of experiences. Many people do not have time to go somewhere or for a formal 10-minute practice. *Pause Where You Are* offers options to explore when you are stressed, overwhelmed or simply need a break. They are designed to be done in a few minutes, or a few seconds, and can be done at work, home, in a parking lot, waiting in line or anywhere you can *Pause Where You Are*.

Energy Release:

Rub your hands together, clap and shake out your hands. Immediately you release built up tension.

***Close Your Eyes:**

You can usually close your eyes without anyone noticing. Try it now. The outside world retreats as you go within. You can almost instantly regain a sense of balance and relaxation.

Step Outside:

Step away from your office space and go outside to take a few deep breaths of fresh air. If you can't get outside, turn your chair and look out a window. Find your favorite tree. Take a few deep breaths. Connecting with nature allows you to improve your overall health.



Box Breath:

Trace a box in your mind as you inhale for count of 4, hold count of 4, exhale count of 4, hold for count of 4. Repeat a few times. You will have more focus to continue with your day.

***Be Grateful:**

Bring your attention to what you are grateful for at this moment. Mentally make a list of 5-10 people, places, things and/or experiences you're grateful for.

Gentle Stretch:

Listen to your body and do only what feels comfortable.

Position yourself relaxed and attentive in a chair. Place both hands on your knees and close your eyes or soften your gaze.

Take in two slow deep breaths.

Turn to your right side and place your hands on the side of your right thigh. Twist into a comfortable stretch while breathing in. Then release the breath and come back to center.

Repeat on the other side.

To end, return to center and do two or three grounding deep breaths.

*Slow it down:

Do one thing at a time, just a little slower. Get up from your chair more deliberately, walk a little slower or drink a glass of water a bit slower.

Slowing down helps bring you back to the present moment and relaxes you.

Purposeful pause:

While waiting for an elevator, your documents to print or your computer to warm up, focus your attention on your breath instead of reaching for your phone. Take a deep breath in through your nose, then let it out through your nose. Pause for two seconds and repeat. This brings a healthy pause to your day.

*Excuse yourself:

If you're unhappy in the moment or in a situation where others are unhappy, the discomfort can be contagious. When you notice signals of stress in your body, excuse yourself by saying "I have a project to get back to" and walk away. That project is your inner peace. Head outside, back to your desk or a favorite space. Recognizing and following through on your own self-care is important.

Peacefinder Practices™ Adapted from Sarah McLean's book *Simple, Easy, Every, Day (SEED) Meditation Method



Thoughts:

Pick a Pause

Strolls for Well-being at ISU: Press Pause & Take a Break...

Pick a Pause was created for when you have just a little time or simply want to explore what the *Strolls for Well-being at ISU* are. These six examples are at the six locations that have been selected for the fall 2021 Strolls.

Choose one of the locations and begin the experience. Make the time to take a few deep breaths, notice the natural beauty around you and simply 'be' for a few moments as you explore.

As you begin, find a comfortable place at the location you have decided on. Once you are there, stop and take a few deep breaths, noticing and being grateful for the air coming into your body to support you. Breathe out all the stress and tension you may be feeling or holding inside.

Notice the two intentions that are offered by *Strolls for Well-being at ISU*. One intention is to notice the physical location, the natural wonders all around and the amazing art displayed on campus. The other intention is a contemplative pause as you reflect on past, present and future aspects of your life.

As you prepare to start, begin to still your mind. Put aside thoughts of schedules, to-do lists and other responsibilities. Come into this present moment— be right here, right now. Bring your full attention to the experience and the reflective opportunities.

Each pause will have choices for reflection:

A quote,
reflection, or
question

A focus on
awareness
of senses

A mindful
movement

A place for you to jot down your thoughts along the way

1



Circle of Life Pause

Our life flows in a circle through days, months, seasons and years. We are each on our individual path, and yet we do intersect and are all connected on this planet.

Location: The Fountain of the Four Seasons on the north side of the Memorial Union

*“You were born with potential.
You were born with goodness and trust.
You were born with ideals and dreams.
You were born with greatness.
You were born with wings.
You are not meant for crawling, so don’t.
You have wings.
Learn to use them and fly.” -Rumi*

Walk around the fountain and notice the view from each of the “seasons.” Reflect on your life’s journey and what season you feel you are in now.

Close your eyes or gently gaze to the earth. Listen to the sounds that surround you. What do you hear that gets your attention?

Thoughts:

2



Walking the Path Pause

Walking is a metaphor for a new beginning and leaving past troubles and sorrows behind. Following the path leads to a transition from one thing to the next.

Location: George Washington Carver Plaza, between Carver and Beardshear Halls

"The privilege of a lifetime is being who you are." -Joseph Campbell

Are you at the beginning, middle or end of a current transition in your life?

As you pause in Carver Plaza, think of all the individuals that have walked this path before you. What dreams did they explore?

Thoughts:

3



Zig-Zag Path Pause

The zig-zag path is a metaphor for times in our lives when we were not sure where we were going. Unseen changes are a part of life.

Location: Anderson Sculpture Garden between Beardshear and Morrill Halls

"Searching is half the fun. Life is much more manageable when thought of as a scavenger hunt as opposed to a surprise party." -Jimmy Buffet

As you enter the garden, you cannot see the other side and must walk in faith that the path will lead you where you want to go. How does this relate to experiences you are having today?

Look around at the art and beauty of this area. What surprises you that you have not noticed before?

Thoughts:

4



Tree Pavilion Pause

Being surrounded by pines is a natural place to think about self-care. Without caring for ourselves, we cannot care for others. This is a refreshing, restorative and pleasant stop.

Location: Class of 1910 Benches in a pine grove. Directly east of Morrill Hall

“Yet often the mountain (or the trees) gives itself most completely when I have no destination, when I reach nowhere in particular, but have gone out merely to be with the mountain (or the trees) as one visits a friend with no intention but to be with him.” -Nan Shepherd

Where are there places close to your home or office that can be a refreshing, restorative, pleasant pause when you need a quick break?

Have a seat on a bench and simply *be* in this moment. Take a few deep breaths and feel your body relax.

Thoughts:

5



Life is a Journey Pause

Our life is a journey. As you go through life, your experiences create layers of who you are and how you engage on this journey. When you look back, you can see where you have been, and it is this foundation that influences your present and future.

Location: Gerdin Business Building on the patio on the southwest corner of the building

*“If you spend your whole life waiting for the storm, you’ll never enjoy the sunshine.”
-Morris West*

Reflect on the experiences you have had in life.

Which experiences do you feel impacted the foundation of your life?

If you were to write the story of your life’s journey, what would be the title of the current chapter you are living now? Why?

Thoughts:

6



Moving Water Pause

Water is a metaphor for cleansing and overcoming obstacles. It is also a place of beauty and serenity in the natural world.

Location: Bridge over College Creek, east of the Memorial Union by the parking garage

“Trust yourself. You know more than you think you do.” -Benjamin Spock, M.D.

What are your favorite places and memories that are close to lakes or streams?

As you pause on the bridge, check in with your senses.
What can you see, hear, touch and smell?
What’s new?

Thoughts:

Thoughts:

Connection Stroll

Strolls for Well-being at ISU: Press Pause & Take a Break...

Connection is a necessary part of being human and an important component of not only surviving but thriving. Brenè Brown defines connections as “the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.” And it is not only the connection with and between people, but also the natural world around us.

As you begin, find a comfortable place where you can start at the location you have decided on. Once you are there, stop and take a few deep breaths, noticing and being grateful for the air coming into your body to support you. Breathe out all the stress and tension you may be feeling or holding inside.

Notice the two intentions that are offered by *Strolls for Well-being at ISU*. One intention is to notice the physical path as you walk, the natural wonders all around and the amazing art displayed on campus. The other intention is a contemplative path as you reflect on past, present and future aspects of your life.

As you prepare to start, begin to still your mind. Put aside thoughts of schedules, to-do lists and other responsibilities. Come into this present moment– be right here, right now. Bring your full attention to the experience and the reflective opportunities.

Each pause on your Connection Stroll will have

choices for reflection:

A quote,
reflection, or
question

A focus on
awareness
of senses

A mindful
movement

A place for you to jot down your thoughts along the way



Pause 1: Circle of Life

All our lives are a circle and moving through the circle brings us to an understanding of the different stages of life and the benefits of each stage. All of it is connected.

Location: Fountain of the Four Seasons on the north side of the Memorial Union

“When we know ourselves to be connected to all others, acting compassionately is simply the natural thing to do.” -Rachel Naomi Remen

Think of your connection to the past and to the present. How does this space, this place, play a role in the connections in your life?

Mindful movement is to notice the flow of breath.

Take a slow comfortable inhale, breathing from chest to belly and exhale with drawing the belly in toward spine moving air slow out. Take four mindful breaths and notice the circular movement of breath and the connection to all awoken.

Thoughts:



Pause 2: Walking Path

Walking is a metaphor for a new beginning and leaving past troubles and sorrows behind. Following the path leads to a transition from one thing to the next.

Location: George Washington Carver Plaza between Carver and Beardshear Halls

“The world is so empty if one thinks only of mountains, rivers and cities; but to know someone who thinks and feels with us, and who, though distant, is close to us in spirit, this makes the earth for us an inhabited garden.” -Goethe

Think about how you feel connected right here, right now.

Is it the people, the place or the way you spend your time that deepens your sense of belonging?

What do you notice about the types of connections you see around you?

People?
Space?
Nature?

Thoughts:



Pause 3: Zig-Zag Path

The zig-zag path is a metaphor for times in our lives when we were not sure where we were going. Unseen challenges are a part of life. As you enter the garden, you cannot see the other side and must walk in faith that the path will lead you where you want to go.

Location: Anderson Sculpture Garden next to Morrill Hall

"It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. Whatever affects one destiny, affects all indirectly." -Martin Luther King Jr.

As you walk around the garden, where do you notice connections?
The sidewalks that weave through, the pieces of art that bind the space together.
What connections in your life weave and bind together?

Mindful Movement of connecting with your heart.

Move around the Sculpture Garden, and as you are looking at the art, let your hands move to your heart. Feel the connection with the beauty of the art and how that feels in your heart. Let it soften the worry of not knowing where you are going and enjoy every step.

Thoughts:



Pause 4: Tree Pavilion

Being surrounded by pines is a natural place to think about self-care. Without caring for ourselves, we cannot care for others. This is a refreshing, restorative and pleasant stop.

Location: Class of 1910 Pine Grove directly east of Morrill Hall

"I promise you that the same stuff galaxies are made of, you are. The same energy that swings planets around stars makes the electrons dance in your heart. It is in you, outside you, you are it. It is beautiful. Trust in this." -Kamal Ravidant

Sit and bring awareness to the beauty around you.

What draws your attention? How does it feel to sit and 'be' with nature?

Find a place to pause on a bench or by a tree. Take a deep breath in, hold it and release it.

Did you know that Pine trees give off substances called terpenes that help boost our immune system? So, take a few deep breaths and let your immune system grow stronger!

Thoughts:



Pause 5: Life is a Journey

Our life is a never-ending journey. As you go through life, you build on your experiences, and they become like layers of your life. When you reflect on your past, you can see where you have been. The foundation you have created will influence your present and future.

Location: Gerdin Business Building on the courtyard in the southwest corner

“We must say of the universe that it is a communion of subjects, not a collection of objects.” -Thomas Berry

This pause is located off the main campus pathways.

Sit and watch the flow and connections of the people and spaces. What do you notice?

Consider the connections and spaces in your life. If you look at it from a different angle, what might you notice?

Mindful Movement to expand your field of vision.

As you pause, take a few breaths and notice what is in your field of vision. With your next breath, exhale and turn your head to your right shoulder. What is in your field of vision? Next exhale, turn your head and look over your left shoulder. Return to center and look up to the sky and down to the ground. With each breath, pause and notice what is in your field of vision.

Thoughts:



Pause 6: Moving Water

Water is a metaphor for cleansing and overcoming obstacles. It is also a place of beauty and serenity in the natural world.

Location: Bridge over the creek east of the Memorial Union by the parking garage

“Just as the wave cannot exist for itself but is ever a part of the heaving surface of the ocean, so must I never live my life for itself, but always in the experience which is going on around me.” -Albert Schweitzer

As you have explored connections around campus –what have you noticed?

Reflect on how you are connected to this space, the people and the natural surroundings.

Turn into your senses...
Slowly look around in all directions. What do you see?
What can you touch?
Close your eyes for a few moments. What can you hear?
What can you smell?
How do your senses enrich your experience?

Thoughts:

Thoughts:

Awareness Stroll

Strolls for Well-being at ISU : Press Pause & Take a Break...

Bringing **Awareness** to this present moment is a first step to being more mindful and releasing unhealthy stress from your daily experience. As you begin this Stroll, let go of all your concerns and 'to-do lists' and begin to notice all that is around you. Become aware of what you are seeing, feeling, hearing in this present moment- be right here, right now.

As you begin, find a comfortable place where you can start at the location you have decided on. Once you are there, stop and take a few deep breaths, noticing and being grateful for the air coming into your body to support you. Breathe out all the stress and tension you may be feeling or holding inside.

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As you prepare to start, begin to still your mind. Put aside thoughts of schedules and other responsibilities. Come into this present moment– be right here, right now. Bring your full attention to the experience and the reflective opportunities.

Each pause on your Awareness Stroll will have
choices for reflection:

A quote,
reflection, or
question

A focus on
awareness
of senses

A mindful
movement

A place for you to jot down your thoughts along the way



Pause 1: Circle of Life

All our lives are a circle and moving through the circle brings us to an understanding of the different stages of life and the benefits of each stage and that all is connected.

Location: Fountain of the Four Seasons on the north side at Memorial Union.

“Let us not look back in anger or forward in fear, but around in awareness.” -Thoreau

As you gaze at the fountain, become aware of the beauty around you. Feel the sense that you are here for a reason, right here and right now.

What are you aware of in this moment?

What colors can you see around you?

What do you hear? What can you smell?

Thoughts:



Pause 2: Walking Path

Walking is a metaphor for a new beginning and leaving past troubles and sorrows behind. Following the path leads to a transition from one thing to the next.

Location: George Washington Carver Plaza between Carver and Beardshear Halls.

“No individual has any right to come into the world and go out of it without leaving behind him distinct and legitimate reasons for having passed through it.”
-George Washington Carver

From the quote above, what “distinct and legitimate reasons” can you think of from your life? Remember, a simple smile or ‘thank you’ can be a “legitimate reason!”

Mindful Movement to notice the direction of our path.

While standing in the plaza, take two steps forward and pause for two breaths. Take two steps to the right and pause for two breaths, then take two steps to the left and pause for two breaths. Notice the various directions one can move to find a path to deeper awareness.

Thoughts:



Pause 3: Zig-Zag Path

The zig-zag path is a metaphor for times in our lives when we were not sure where we were going. Unseen challenges are a part of life. As you enter the garden, you cannot see the other side and must walk in faith that the path will lead you where you want to go.

Location: Anderson Sculpture Garden next to Morrill Hall.

“Everything in life is most fundamentally a gift. And you receive it best and you live it best by holding it with very open hands.” -Leo O’Donovan

Explore the Anderson Sculpture Garden.

Bring your awareness to this space. Where are you most drawn to in this garden and why?

As you explore, what do you see and touch that allows you to change your perspective?

How does this apply in your own life?

Thoughts:



Pause 4: Tree Pavilion

Being surrounded by pines is a natural place to think about self-care. Without caring for ourselves, we cannot care for others. This is a refreshing, restorative and pleasant stop.

Location: Class of 1910 Pine Grove directly east of Morrill Hall.

“Every day we engage in a miracle which we don’t often acknowledge– blue sky, white clouds and green leaves. All is a miracle.” -Thich Nhat Hanh.

Sit and bring awareness to the beauty around you.

What draws your attention?
How does it feel to sit and ‘be’ with nature?

Mindful Movement of grounding into nature.

Find a place to stand next to a tree. As you inhale, raise your heels and as you exhale, slowly lower heels. Let your attention go to your feet as you continue this inhale/exhale breath. Take the time to connect with the earth and trees, which are helping you to relax and absorb nature’s nourishing energy.

Thoughts:



Pause 5: Life is a Journey

Our life is a never-ending journey. As you go through life, you build on your experiences, and they become like layers of your life. When you reflect on your past, you can see where you have been. The foundation you have created will influence your present and future.

Location: Gerdin Business Building in the courtyard in the southwest corner.

“No matter how weary or dreary you may feel, you know that, during the day that lies before you, absolutely anything may happen.” -Monica Baldwin

Be aware of anything you see that sparks curiosity.

How have your past experiences influenced what draws your attention?

Using your physical senses of touch and sight, explore the artwork.

What would you name this piece of work and why?

Thoughts:



Pause 6: Moving Water

Water is a metaphor for cleansing and overcoming obstacles. It is also a place of beauty and serenity in the natural world.

Location: Bridge over the creek east of the Memorial Union, by the parking garage.

“Rivers know this: there is no hurry. We shall get there someday.” -A. A. Milne

Bring your awareness to the water, the light filtering through the trees.

Consider how your day has gone. Is there anything that you would like to release and let float away?

Mindful Movement to increase flow.

Rub your hands together and feel the heat they generate. Place your hands on your heart and feel the warm energy. Gaze at the water running over the rocks, notice your breath and connect with the flow of the water. Release any feelings, emotions or thoughts that no longer serve you.

Thoughts:

Thoughts:

Transition Stroll

Strolls for Well-being at ISU: Press Pause & Take a Break...

Transition and change are a part of everyday life. It is how we engage and learn to work with transitions that impact our experience of the present moment and our outlook on the future. Maya Angelou said “If you don’t like something, change it. If you can’t change it, change your attitude.” Simple words, how can they apply to a current situation in your life?

As you begin, find a comfortable place where you can start at the location you have decided on. Once you are there, stop and take a few deep breaths, noticing and being grateful for the air coming into your body to support you. Breathe out all the stress and tension you may be feeling or holding inside.

Notice the two intentions that are offered by *Strolls for Well-being at ISU*. One intention is to notice the physical path as you walk, the natural wonders all around and the amazing art displayed on campus. The other intention is a contemplative path as you reflect on past, present and future aspects of your life.

As you prepare to start, begin to still your mind. Put aside thoughts of schedules, to-do lists and other responsibilities. Come into this present moment— be right here, right now. Bring your full attention to the experience and the reflective opportunities.

Each pause on your Transition Stroll will have
choices for reflection:

A quote,
reflection, or
question

A focus on
awareness
of senses

A mindful
movement

A place for you to jot down your thoughts along the way



Pause 1: Circle of Life

All our lives are a circle and moving through the circle brings us to an understanding of the different stages of life and the benefits of each stage. All of it is connected.

Location: Fountain of the Four Seasons on the north side of the Memorial Union

“Light precedes every transition. Whether at the end of a tunnel, through a crack in the door or the flash of an idea, it is always there, heralding a new beginning.”

-Teresa Tsalaky

Read the quote above. Are you in the middle of a transition? Where can you see a light? What could be the ‘new beginning’ that is heading your way?

Look around as you pause at the fountain. Using your senses, what do you notice that is changing? The flowers, the trees, the light of the day, the people passing by.

Thoughts:



Pause 2: Walking Path

Walking is a metaphor for a new beginning and leaving past troubles and sorrows behind. Following the path leads to a transition from one thing to the next.

Location: George Washington Carver Plaza between Carver and Beardshear Halls

“Those times of transitions are great opportunities to look for recurring patterns in your life and make adjustments to build on the good and reduce the bad.” -Dan Miller

As you pause in the Plaza today, notice the path that connects the two sides. Think of a time when you transitioned from one part of life to the next. What adjustments did you need to make?

Mindful movement: slow down.

As you pause, take this time to slow down and do one thing at a time— just a little slower than usual. Walk slower.

Drink your tea slower.
You will find that this eases tension and brings you to the present moment.

Thoughts:



Pause 3: Zig-Zag Path

The zig-zag path is a metaphor for times in our lives when we were not sure where we were going. Unseen challenges are a part of life. As you enter the garden, you cannot see the other side and must walk in faith that the path will lead you where you want to go.

Location: Anderson Sculpture Garden next to Morrill Hall

“Change is difficult, but it can be managed when you stay aware of the power of your choices, even if it’s simply your attitude.” -Michael Thomas Sunnarborg

Think of a transition period in your life. Did you start out in one direction and get pulled in a new direction, and then pushed in another? While this experience may seem frustrating, did you still move forward?

As you pause at the Sculpture Garden, wander around the various pieces of art. Choose one that draws your attention. Tuning into your sense of sight, what can you see from different locations and angles around this one piece? How does the world look different and appear to change based on your perspective?

Thoughts:



Pause 4: Tree Pavilion

Being surrounded by pines is a natural place to think about self-care. Without caring for ourselves, we cannot care for others. This is a refreshing, restorative and pleasant stop.

Location: Class of 1910 Pine Grove directly east of Morrill Hall

“Step back in perspective, open your heart and welcome transition into a new phase of life.” -Linda Rawson

Pause and sit on a bench or lean against a tree. Imagine how old these trees are. How many generations of students/staff/faculty have rested beneath these boughs? How many transitions have these trees seen?

Mindful Movement: Feel your breath.

Focus your attention on your breath as you slowly take a deep breath through your nose, then let it out slowly through your nose. Pause for two seconds and repeat. Holding your breath after you exhale helps counteract stress patterns.

Thoughts:



Pause 5: Life is a Journey

Our life is a never-ending journey. As you go through life, you build on your experiences, and they become like layers of your life. When you reflect on your past, you can see where you have been. The foundation you have created will influence your present and future.

Location: Gerdin Business Building in the courtyard on the southwest corner

“The secret of change is to focus all of your energy not on fighting the old, but on building the new!” -Socrates

Reflect on the quote above. How do you engage with change? Do you focus your energy on fighting the old or on building the new? How can you focus more energy on building the new? Embrace what is happening right here, right now.

As you pause here, check in with your senses. Do you hear bird songs or feel the wind blowing? Do you notice any changes that appear to be happening from this vantage point?

Thoughts:



Pause 6: Moving Water

Water is a metaphor for cleansing and overcoming obstacles. It is also a place of beauty and serenity in the natural world.

Location: Bridge over the creek east of the Memorial Union, by the parking garage

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” -Maria Robinson.

As you stop at the last pause on the Transition Stroll, reflect on where you are in a current transition. What can you do today that can have a positive influence on a new ending?

Mindful Moment: Close your eyes.

Find a restful place on the bridge or by the water. Look around and then gently close your eyes for about a minute. Now as you open your eyes, what has changed? In as little as 60 seconds, what has transitioned?

Thoughts:

Thoughts:

Frequently Asked Questions

Strolls for Well-being at ISU: Press Pause & Take a Break...

- **Who is able to participate in the *Strolls for Well-being at ISU*?**
All members of the ISU campus and larger community are invited to experience the Strolls.
- **What are the *Strolls for Well-being at ISU*?**
The Strolls are self-guided opportunities on campus where people can walk and pause at various locations, spend time in reflection and simply 'be' with their thoughts in nature. For those that being on campus is not possible or practical, there is an option of *Pause Where You Are*.
- **What are the objectives of the *Strolls for Well-being at ISU*?**
The Strolls are designed to offer people a pause in their day and support their overall health and well-being. The Strolls are based on the practice of mindfulness. Some of the benefits of mindfulness include stress reduction, improved concentration and focus, boost to the immune system, and building community and connections.
- **Do I have to complete an entire stroll?**
No, the Strolls is a flexible program designed so that faculty, staff, students and community members can do an entire stroll at once or select specific pauses to explore. Some options include: a complete stroll (6 pauses), *Pick a Pause*, and *Pause Where You Are* (any time or place you need a break).
- **How much time does the *Strolls for Well-being at ISU* take?**
This is a flexible program that is designed to fit your lifestyle. You can spend as little as a few minutes (*Pause Where You Are*) or as much time as you need. A complete stroll (6 pauses) can take up to 60 minutes depending on how long you pause at each location.
- **Do I have to start at Pause 1 of a Stroll?**
No, you can start wherever you like. The pauses are numbered to connect with the map and to help identify the locations.
- **Why are there different Strolls that use the same pauses/locations?**
Each Stroll has its own theme and contemplative focus. The reflections, prompts, and activities are based on exploring that specific theme. For example, the fall themes include awareness, connection and transition.
- **What options do I have if I can't be on campus?**
The *Pause Where You Are* options work well for people at any time and place.