

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

SPRING

Image from @iowastateu on Instagram, photography by Christopher Gannon

Strolls for Well-being at ISU:

Press Pause & Take a Break...

For use by Iowa State University faculty, staff, students and visitors

©Iowa State University of Science and Technology 2022. All rights reserved.

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 website for more information.

Special Gratitude

Special thanks to all that have made this program possible:

Sue Tew-Warming of ISU WellBeing for research and development

Karen Couves of the Center for Excellence in Learning and Teaching (CELT) for research and development

Halee Olson of University Human Resources for design and editing

Nora Hudson of Recreation Services for mindful movement ideas

Sydney Marshall of University Museums for history of the art pieces

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

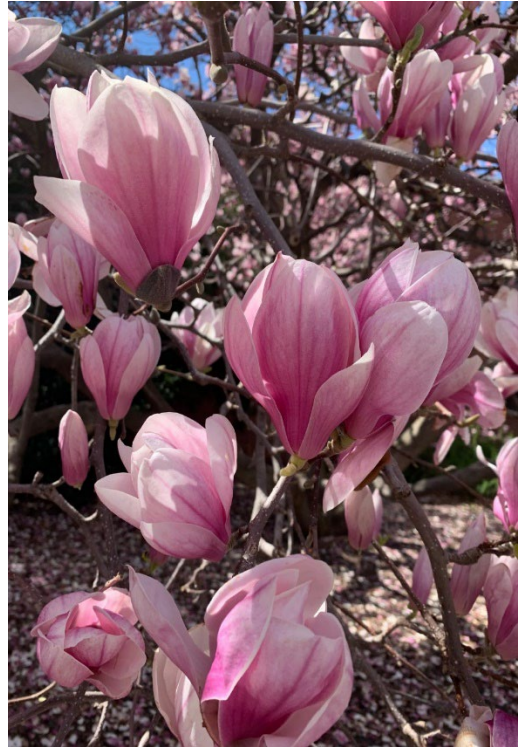
**For extra copies of this guidebook, please contact
worklife@iastate.edu.**

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.

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 single pause could be done in around 15-20 minutes and a full stroll (six pauses) could take up to an hour. If you do not have time for an entire stroll, look at the various pauses and select one that sounds interesting.

For the spring edition, there are three different themed Strolls to experience: *Joy*, *Forgiveness and Trust*. 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: *Joy*, *Forgiveness or Trust*.

Once you have decided what to explore today, look at the map (with photos to help find your way) and head to that location. You do not need to begin a stroll at Pause 1– 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.

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.

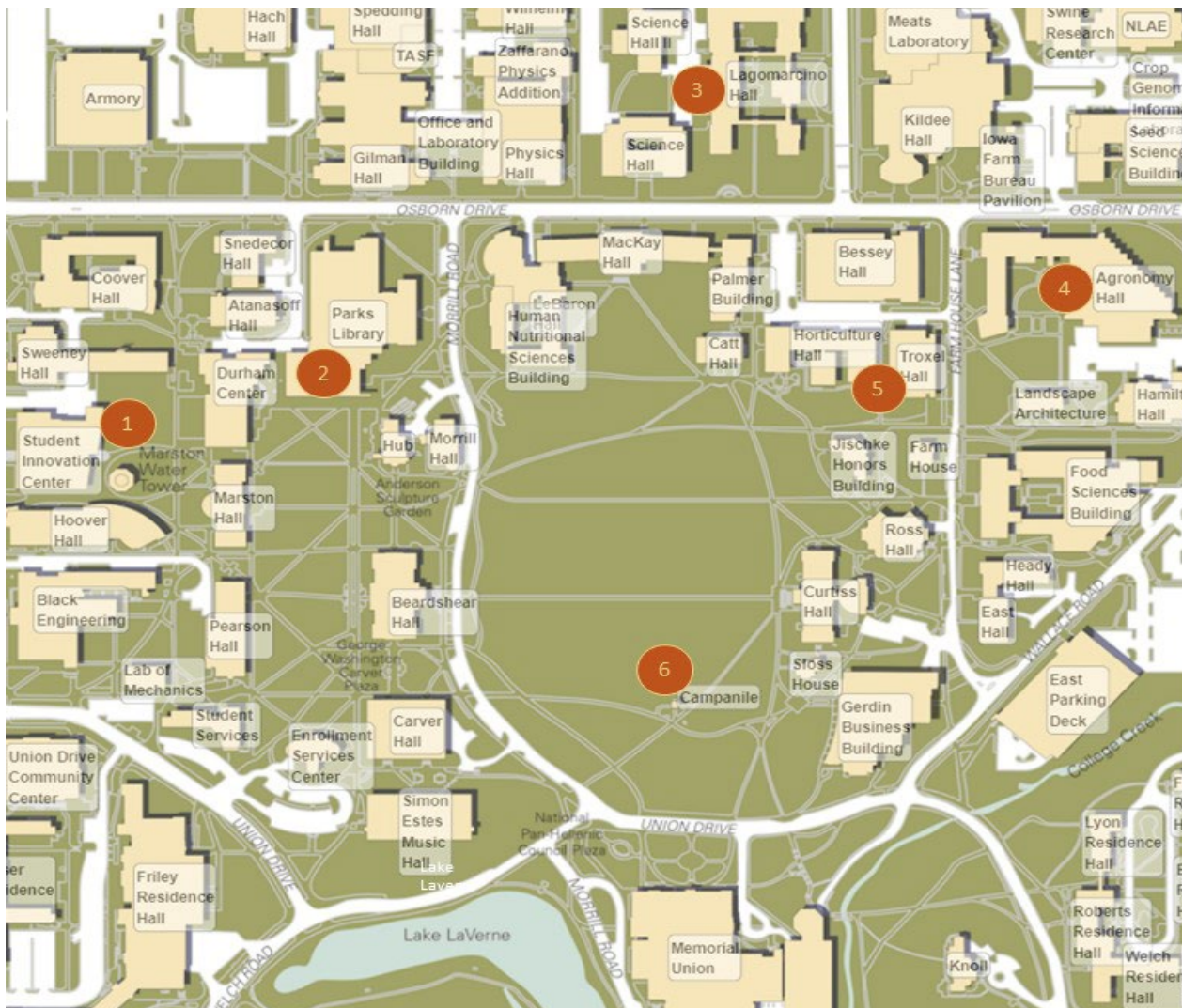
As you begin, notice the two intentions that are offered by *Strolls for Well-being at ISU*. One intention is to notice the physical path as you walk, the natural wonders all around and the amazing art displayed on campus. The other intention is a contemplative path as you reflect on past, present and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



Strolls for Well-being at ISU is a collaborative effort of the Center for Excellence in Learning and Teaching (CELT) and ISU WellBeing. Inspired by Morikami Stroll for Well-Being Program.

The history and story behind the pause locations.

1



Pause 1: Marston Water Tower

Erected in 1897, the Water Tower was built to alleviate the water shortage on the Iowa State campus, which in 1895 had forced classes to cancel for two weeks. Designed by Anson Marston (Dean of Engineering, 1914-1932) and others, the Water Tower was the first elevated steel water tower west of the Mississippi standing 168 feet above campus and holding 162,000 gallons. In 1978, the use of the Water Tower was discontinued when the university switched to a city water system. The Marston Water Tower was

placed on the National Register of Historic Places in 1981 and was restored sixteen years later in 1997.

Pause 2: Parks Library

In the Parks Library on central campus, there are two murals designed by Iowan artist Grant Wood in the 1930's. The first, "When Tillage Begins, Other Arts Follow" reflects the 1840 quote by Daniel Webster, "When tillage begins, other arts follow. The farmers, therefore, are the founders of human civilization." This mural exemplifies the regionalist movement in American art, depicting rural and simple people heroically struggling with nature to produce the nation's harvest.

Wood's second mural "Breaking the Prairie" portrays the beginning of tillage in Iowa by the pioneers in the 1840s. In both murals, the clothing, farm implements, livestock and prairie flowers are historically and scientifically accurate, yet the overall theme is romanticized through certain stylized images. For instance, the plowed sod appears as plush as carpet and neither human nor animal perspires despite the grueling work of farming the prairie. Decorative touches are included in the scene such as nails in the barn and stitching and buttons in the overalls.

The mural is a tribute to the founding of the land-grant colleges, including Iowa State Agricultural College and Model Farm in 1858. The creation of these colleges during the Civil War is regarded as an indication of Lincoln's faith in the future of the "united" United States.

2



3



Pause 3: Lagomarcino Courtyard

Lagomarcino Hall, built in 1912, was first known as the 'Quadrangle' and was home to the College of Veterinary Medicine. In 1978, the College of Veterinary Medicine relocated and the College of Education took up residence. Upon this change, the building was renamed Lagomarcino Hall in honor of the former dean of the College of Education, Virgil Lagomarcino.

The 'Lago Courtyard' is used by faculty, staff and students as a place to take a break and enjoy various pieces of art and diverse foliage. One piece of artwork, "Madonna of the Prairie" by artist Christian Peterson, was placed in the courtyard in 1982. In this tribute to pioneer women, a mother holds her small child and both gaze toward the tallgrass prairie, a land which is destined for their homestead. In a northern section of the Lago Courtyard, a hand forged, functional, ornamental steel gate was constructed by the same means that ornamental ironwork would have been done at the turn of the century. These artworks were designed to fit with existing architecture and enhance Lagomarcino Hall.

Pause 4: Agronomy Hall Courtyard (Janus Agri Altar)

Did you know the bronze sculpture in the Agronomy Courtyard was created in 1986 by artist Beverly Pepper and is officially called "Janus Agri Altar."

ISU asked Pepper to create a sculpture that reflects agricultural business. The artist researched antique farm tools common to the area and focused on a farmer's spade to create the Janus Agri Altar sculpture. Pepper included a reference to Janus, one of the principal Roman gods, which is typically represented with two bearded heads placed back to back so that the Roman god might look in all directions. While representations of the Janus are usually horizontal, she made this altar vertical, like a reflective pool. A place where one refreshes the spirit and looks inside oneself. Pepper wanted to create a peaceful, self-reflective symbol, and the Janus Agri Altar looks inward and focuses outward.



4

The Agronomy Hall Courtyard is a quiet place for staff, students and campus visitors to study or pause in the tree-filled space.

5



Pause 5: Troxel Hall

Troxel Hall is a 400-seat auditorium facility on the east side of campus that was designed as one of the most sustainable buildings on campus when it opened in 2013. Design elements included half of the lecture hall underground so it did not shade the greenhouses to the west. Plantings and white concrete were used to reduce the daylight heat on the site and 65 percent of the roof was planted with vegetation. Rain gardens on the roof also help deal with storm water control, lowering mechanical and electrical costs.

Troxell Hall earned Iowa State another LEED® Gold certification and Iowa State's eighth LEED-certified building. The building is named for Alumnus Doug Troxel whose philanthropic organization concentrates on three areas to support: science, the environment and education. The gardens along the building are beautiful and offer a place to pause and smell the flowers.

Pause 6: Campanile

The landmark Campanile is located on central campus of ISU. Construction of the Campanile began in July of 1897 and the tower was completed in October of 1898. The Stanton Memorial Carillon originally had ten bells placed in the tower in 1899. Bells were added in 1929, 1956 and one final bell in 1967 to reach its current total of 50 bells in the Stanton Memorial Carillon.

Dr. Tin-Shi Tam has been the University Carillonneur since 1994 is only one of five individuals who have held the title of University Carillonneur at ISU since 1931.

There are a number of ISU traditions that include the Campanile. One tradition known as 'campaniling' states that a student officially becomes an Iowa Stater when kissed under the campanile as the carillon tolls midnight. Another long-standing tradition is the annual tree-lighting holiday celebration. At dusk, music from the carillon fills the air as people gather to sing, listen to the President's holiday message and watch a nearby 65-foot Norway spruce come aglow with hundreds of colored lights.

The carillon bells ring daily as a mid-day concert, so find a comfortable place on campus to enjoy the music. The tradition of the bells of Iowa State continues to be strong.



6

Pause Where You Are: 2nd Edition

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 for a formal 10-minute practice. This *Pause Where You Are* list offers options that you can explore when you are stressed, overwhelmed or simply need a break. They are designed to be done in a few minutes or seconds from anywhere— at work, home, in a parking lot, waiting in line or anywhere you can *Pause Where You Are*.

Mindfulness apps: Mindfulness apps are a great resource. A few to start with are: Insight Timer, Mindful.org, Healthy Minds Innovation, Greater Good at Berkeley and Mindfulness Center at Brown.

Connect with a sound: Put on music or listen to sounds of nature like waves, a gentle breeze, rain or other soothing sounds. You could also pick up on the naturally occurring sounds around you (the hum of an appliance, the sound of traffic or the bustle of a workplace). Close your eyes and tune in to your chosen sound. Stay with the sound, returning to it when a distraction happens, and perhaps notice how you breathe along with it.

Mindful listening: Pick a song, close your eyes and listen closely to the music. Follow the lyrics, notice the different instruments or take in the song as a whole experience. If you have heard the song before, did you notice anything new? Alternatively, pick a song that has a repetitive lyric, phrase or melody line. Count how many times you hear the reoccurring detail.



Breathing colors: Choose two different colors, one to breathe in and one to breathe out. Blue works well for the in-breath, since it matches the cool feeling of the air coming in. Red works well for the out-breath, as it matches the warm feeling of the air leaving your body. However, you can choose the colors you want for the reasons you want. Close your eyes and pair each color— breathe in and breathe out.

Body scan: Scan your body from top to bottom. Then observe, describe and note areas of tension and discomfort. Gently dismiss judgments that arise and take a deep breath into each area of the body where this discomfort exists. Do not have an agenda about changing how these areas feel, but do notice differences that happen as you continue to breathe and connect. Also, notice areas of your body that feel relaxed and comfortable. Breathe into these areas too.



5, 4, 3, 2, 1 senses: To increase your awareness and ground yourself in the present moment, list five things you see, four things you hear, three things you feel, two things you smell and one thing you taste.

Categories: Pick a category such as animals or foods and list as many items from that category as possible. This brings you into the present moment and can release stress.

Attention to small moments: Small moments in our lives include those that we don't typically notice and those we take for granted. A small moment may be having a cup of coffee or a cool glass of water, spending a moment with a child or pet, or performing an everyday activity that goes by without our attention. Enjoyment, peace and serenity in life happen in the small moments. Several times in a day, orient yourself to the small moments happening that you might otherwise miss.

Breathing: We all breathe, and we can all breathe more effectively. Our breath is our anchor and is an excellent way to center ourselves. Take time to breathe mindfully in and out. Stay focused on the sensation of the air coming into your air passages and lungs, holding it, and then letting it out. Use a mantra, such as "in" as you breathe in and "out" as you breathe out, or count each breath from 1 to 10, starting over when you reach 10 or lose count.

10 details: At any place, pause, observe and describe 10 details you would not have otherwise noticed.

Mindfulness exercises from: Pederson, L., & Pederson, C.S. (2020). *The expanded dialectical behavior therapy skills training manual* (2nd. ed.). PESI Publishing & Media.

Thoughts:

JOY Stroll

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

The **Joy** that we experience is directly related to our willingness to pause and notice. This Stroll will bring awareness to what is happening right here, right now and the joy that is waiting for you to explore. As you begin this Stroll, let go of all your concerns and begin to notice all that is around you. Become aware of what you are seeing, feeling, hearing in this present moment.

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 any stress or 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 Joy 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: Then and Now

Pausing by the Marston Water Tower offers an opportunity to connect with the past and future at ISU. The Water Tower reminds us of the need to supply water to students in the past, and the Student Innovation Center adds modern technology and ways for students to learn. It is a great place to pause and reflect on the ‘then and now’ at ISU.

Location: Marston Water Tower and Student Innovation Center

“Let there be more joy and laughter in your living.” -Eileen Caddy

Reflect on the Eileen Caddy quote. Where have you experienced joy and laughter lately?

Notice what you can see and hear around you. What brings you joy? Perhaps the blue sky or a tree getting ready to bloom.

Thoughts:



Pause 2: Steeped in History

The Parks Library has two murals by Grant Wood that depict the rural and heroic people that settled in Iowa. The murals also reflect the beginning of land-grant colleges, of which ISU was the first in 1858. Whether inside the building or outside on the steps, this is a place to reflect on the people who contributed to making ISU and the state of Iowa what it is today.

Location: Parks Library

“May your walls know joy, may every room hold laughter, and every window open to great possibility.” -Mary Anne Radmacher

Pause to think of those who came before you. What do you think brought them joy as they settled Iowa and established Iowa State University?

Mindful Movement:
Walk by the murals inside the library. Notice the activities that people are engaged with in the murals. Could you imagine the joy in the simple life they lead?

Thoughts:



Pause 3: Secret Garden

The 'Lago Courtyard' is a favorite place on campus to enjoy diverse foliage and works of art. Some options to notice include the Madonna of the Prairie sculpture which recognizes pioneer women, an ornamental gate leading to the lower garden, and the spring blooming magnolia trees in the courtyard.

Location: Lagomarcino Courtyard

“The great teachings unanimously emphasize that all the peace, wisdom and joy in the universe are already within us... We're like a child standing in a beautiful park with his eyes shut tight. We don't need to imagine trees, flowers, birds and sky; we merely need to open our eyes and realize what is already here, who we really are.” -Unknown author

Reflect on the poem above. How does this relate to your life now? Think about experiences of joy that bring a smile.

Check in with your senses.
What do you see?
What do you hear?
What do you smell?

Thoughts:



Pause 4: Look in All Directions

This sculpture is reflective of an antique farmer's spade and a connection to the Roman god, Janus. Janus is typically represented as having two heads so that the god could look in all directions. The sculpture offers a peaceful, self-reflective space where one can refresh the spirit and looks inside oneself.

Location: Agronomy Hall Courtyard (Janus Agri Altar)

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” -Thich Nhat Hanh

Find a comfortable place and look around in all directions. What brings a smile? What creates a sense of joy?

Mindful Movement:

As you approach the sculpture, pause at different distances, and look from different angles. Take a couple deep breaths, and notice how it feels to be in this space.

Thoughts:



Pause 5: Green Space

One of the ISU LEED Certified buildings, Troxel Hall was designed to be functional, practical and efficient. Half of the lecture hall was built underground so that it does not shade the greenhouses to the west—depicting that it is a “good neighbor.” The roof is mostly vegetation and includes rain gardens to help with storm water control. The flower beds around the building offer a place to pause and the enjoy the beauty.

Location: Troxel Hall

“Walk joyfully and peacefully knowing that right thoughts and right efforts will bring joy to your life.” -James Allen

Walk around Troxel Hall and notice all the ways it is “environmentally friendly.” Imagine the joy this brings to the earth.

What are you aware of in this moment?

What colors and textures can you see around you?

Thoughts:



Pause 6: Heart of Campus

Construction of the Campanile began in July 1897, with the first ten bells placed in the tower in 1899. The Stanton Memorial Carillon now has fifty bells which ring daily during a mid-day concert.

Traditions include “Campaniling,” in which a student officially becomes an Iowa Stater if kissed under the campanile as it tolls midnight. The annual holiday celebration is another tradition where people gather to listen, sing and see a Norway spruce come aglow with lights.

Location: Campanile

“Joy is increased by spreading it to others.” -Robert Murray McCheyne

Pause to listen to the carillon. Reflect on all the students that have heard these bells. What joys might they have experienced? What joys have you experienced?

Mindful Movement:
Walk deliberately and slowly around the Campanile. Notice as your foot connects to the sidewalk or the ground. Think of all the people that have stood where you are standing.

Thoughts:

Thoughts:

FORGIVENESS Stroll

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

Our ability for **Forgiveness** is a powerful tool that can help us to move forward with grace and compassion or keep us stuck in the past. This Stroll will explore the experiences you have had, the lessons you have learned and how you want to move forward. As you begin this Stroll, let go of all your concerns and begin to notice all that is around you. Become aware of what you are seeing, feeling, hearing in this present moment.

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 any stress or 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 Forgiveness 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

Strolls for Well-being at ISU is a collaborative effort of the Center for Excellence in Learning and Teaching (CELT) and ISU WellBeing. Inspired by Morikami Stroll for Well-Being Program.



Pause 1: Then and Now

Pausing by the Marston Water Tower offers the opportunity to connect with the past and future at ISU. The Water Tower reminds us of the need to supply water to students in the past, and the Student Innovation Center adds new technology and new ways for students to learn. It is a great place to pause and reflect on the ‘then and now’ at ISU.

Location: Marston Water Tower and Student Innovation Center

“When you forgive, you in no way change the past—
but you sure do change the future.” -Bernard Meltzer

Pausing by these two structures— the then and now— think of a time when someone hurt you. Have you released the hurt? What is one thing that you could do today?

Notice all that is around you, from the amazing architecture to the people passing by.
What do you see that inspires you?
What do you hear that causes you to pause?

Thoughts:



Pause 2: Steeped in History

The Parks Library has two murals by Grant Wood that depict the rural and heroic people that settled in Iowa. The murals also reflect the beginning of land-grant colleges, of which ISU was the first in 1858. Whether inside or outside on the steps, this is a place to reflect on the people who made ISU and the state of Iowa what it is today.

Location: Parks Library

“Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.” -C.S. Lewis

Reflect on the quote above. Consider a painful experience that you have been holding to for a long time. Don't you think it is time to let go of the “monkey bars”? What is one thing you can do to let go of the past pain?

Mindful Movement:
Find a quiet place. Take a few deep breaths. Observe your breath as it enters your body and observe as it exits your body. Simply be for a few minutes.

Thoughts:



Pause 3: Secret Garden

The 'Lago Courtyard' is a favorite place to take a break and enjoy the diverse foliage. The Madonna of the Prairie sculpture is a tribute to pioneer women. The ornamental gate that leads to the lower garden is hand forged like it would have been when the building was built in 1912.

Location: Lagomarcino Courtyard

“The act of forgiveness takes place in our own mind. It really has nothing to do with the other person.” -Louise Hay

Think of a recent experience where you were hurt by something someone said. Release it-remember you are an amazing individual, focus on that.

A quiet garden is the perfect place to go when you need a break. Notice the flowers blooming, the sound of the wind in the trees.

Thoughts:



Pause 4: Look in All Directions

The sculpture is reflective of an antique farmer's spade and a connection to the Roman god, Janus. Janus is typically represented as having two heads so that the god could look in all directions. The sculpture offers a peaceful, self-reflective space where one can refresh the spirit and looks inside oneself.

Location: Agronomy Hall Courtyard (Janus Agri Altar)

“Forgiveness is not an occasional act, it is a constant attitude.” -Martin Luther King Jr.

Remember that those who have hurt you in the past; situations that caused you sadness are over now. Forgiveness helps you move forward with peace and happiness.

Mindful Movement:
Find a quiet place and take a few deep breaths. Pause and check in with your body? How is it feeling right now? Be grateful for all that your body does for you.

Thoughts:



Pause 5: Green Space

One of ISU LEED Certified buildings, Troxel Hall was designed to be functional, practical and efficient. Half of the lecture hall was built underground so that it does not shade the greenhouses to the west– depicting that it is a ‘good neighbor.’ The roof is mostly vegetation and includes rain gardens to help with storm water control. The flower beds around the building offer a place to pause and the enjoy the beauty.

Location: Troxel Hall

“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.”
-Mark Twain

Whether you are designing a building or forgiving someone, both take intention. The choice is to make things different than the past.

When you are hurt by what someone says to you, where do you feel it in your body? Take a deep breath and send loving kindness to yourself.

Thoughts:



Pause 6: Heart of Campus

Construction began in July 1897, with the first ten bells placed in the tower in 1899. The Stanton Memorial Carillon now has 50 bells which ring daily during a mid-day concert.

Traditions include “Campaniling,” in which a student officially becomes an Iowa Stater if kissed under the campanile as it tolls midnight. The annual holiday celebration is another tradition as people gather to listen, sing and see a Norway spruce come aglow with lights.

Location: Campanile

“Forgiveness says you are given another chance to make a new beginning.” -Desmond Tutu

Think of a recent situation when you were hard on YOU! It is important to forgive yourself as well as others. Say to yourself, “May I be well, may I be happy and peaceful.” Repeat several times.

Mindful Movement:

Today, slow down during your daily activities.

Walk slower and notice your feet on the ground.

Slowing down and noticing what is happening will bring you into the present moment and can ease tension.

Thoughts:

Thoughts:

TRUST Stroll

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

Experiencing and learning to **Trust** is essential to having a happy life. We develop trust in others and ourselves by stepping outside our comfort zone and trying something new. This Stroll will explore the paths that you have experienced and the lessons you learned. As you begin this Stroll, let go of all your concerns and begin to notice all that is around you. Become aware of what you are seeing, feeling, hearing in this present moment.

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 any stress or 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 Trust 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: Then and Now

Pausing by the Marston Water Tower offers an opportunity to connect with the past and future at ISU. The Water Tower reminds us of the need to supply water to students in the past, and the Student Innovation Center adds modern technology and ways for students to learn. It is a great place to pause and reflect on the ‘then and now’ at ISU.

Location: Marston Water Tower and Student Innovation Center

“Trust yourself above anyone else. You are the best judge of your own actions.”
-Matt Morris

Think of your connection to the past and the present. How has trusting yourself and your choices in life supported where you are today?

Mindful Movement:

Feel your breath.

Focus your attention on your breath as you slowly take a deep breath in through your nose, then let it out slowly through your nose. Pause for two seconds and repeat two more times. This intentional breathing can help reduce stress.

Thoughts:



Pause 2: Steeped in History

The Parks Library has two murals by Grant Wood that depict the rural and heroic people that settled in Iowa. The murals also reflect the beginning of land-grant colleges, of which ISU was the first in 1858. Whether inside the building or outside on the steps, this is a place to reflect on the people who contributed to making ISU and the state of Iowa what it is today.

Location: Parks Library

“Trust yourself, you know more than you think you do.” -Dr. Benjamin Spock

Consider that each of us
has within us, *within you*,
all that you need to be
happy and capable.
Trusting in yourself is
essential to reaching your
goals.

Check in with your
senses.
What do you see?
What do you hear?
What can you smell?

Thoughts:



Pause 3: Secret Garden

The 'Lago Courtyard' is a favorite place on campus to enjoy diverse foliage and works of art. Some options to notice include the Madonna of the Prairie sculpture which recognizes pioneer women, an ornamental gate leading to the lower garden, and the spring blooming magnolia trees in the courtyard.

Location: Lagomarcino Courtyard

“In order to have peace, we must first have trust.” -Veronica Roth

Reflect on the times that your trust in others has had positive outcomes. Offer a moment of gratitude for those you trust in your life.

Mindful Movement:

Grounding into nature. Find a place to stand next to a tree. As you inhale, raise your heels and as you exhale, slowly lower your heels. Let your attention go to your feet as you continue this inhale/exhale breath two more times. Trust that the earth will support you as you go through your day.

Thoughts:



Pause 4: Look in All Directions

This sculpture is reflective of an antique farmer's spade and a connection to the Roman god, Janus. Janus is typically represented as having two heads so that the god could look in all directions. The sculpture offers a peaceful, self-reflective space where one can refresh the spirit and looks inside oneself.

Location: Agronomy Hall Courtyard (Janus Agri Altar)

"Trust in what you love, continue to do it, and it will take you where you need to go."
-Natalie Goldberg

Often, we cannot see what is happening in all directions. Trust is important at these times— trust in the universe, trust in those you love, trust in yourself— to know the next best action to take.

Notice all that is around you, from the amazing architecture to the people passing by. What do you see that inspires you?
What do you hear that causes you to pause?

Thoughts:



Pause 5: Green Space

One of the ISU LEED Certified buildings, Troxel Hall was designed to be functional, practical and efficient. Half of the lecture hall was built underground so that it does not shade the greenhouses to the west—depicting that it is a “good neighbor.” The roof is mostly vegetation and includes rain gardens to help with storm water control. The flower beds around the building offer a place to pause and the enjoy the beauty.

Location: Troxel Hall

“Trust thyself: Every heart vibrates to that iron string.” -Ralph Waldo Emerson

Nature is one area where trust always exists. Trust that the sun will rise, birds will sing, and spring will come! What do you enjoy about spring?

Mindful Movement:
Today, slow down as you eat and drink. As you eat food, notice each bite— the texture, taste and smell. As you enjoy a drink, notice each sip— the temperature, taste and smell.

Thoughts:



Pause 6: Heart of Campus

Construction of the Campanile began in July 1897, with the first ten bells placed in the tower in 1899. The Stanton Memorial Carillon now has fifty bells which ring daily during a mid-day concert.

Traditions include “Campaniling,” in which a student officially becomes an Iowa Stater if kissed under the campanile as it tolls midnight. The annual holiday celebration is another tradition where people gather to listen, sing and see a Norway spruce come aglow with lights.

Location: Campanile

“None of us knows what might happen even the next minute, yet still we go forward. Because we trust. Because we have faith.” -Paulo Coelho

Think about the times that you had to trust others as you moved from one part of your life to the next. How did you know who to trust and with what choices?

As you pause by the Campanile, think of all the individuals that have been in the spot that you are in this very moment. Imagine their dreams, goals and experiences at ISU.

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.
- **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.
- **How much time does the *Strolls for Well-being at ISU* take?**
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.