

Summer

Strolls for Well-being at ISU:

Press Pause & Take a Break...

Image from @iowastateu on Instagram, photography by Christopher Gannon

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

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
wellbeing@iastate.edu.**

<https://www.wellbeing.iastate.edu/mindfulness/strolls-home>

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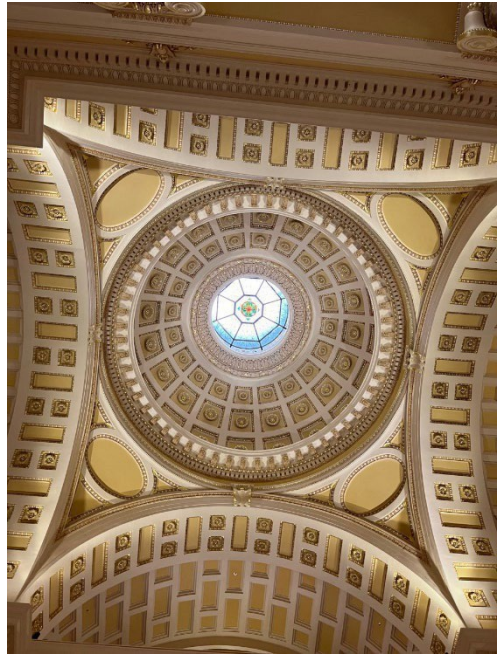
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Background, Foundation and Getting Started

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 visit, 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.



Glass Gardens, Marty Grund, 2002

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.



Fountain of Four Seasons, Christen Petersen, 1941



History of Dairying, Christian Petersen, 1934

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 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.

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 summer edition, there are three different themed Strolls to experience: *Reflection, Fulfillment and Freedom*. 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: *Reflection, Fulfillment or Freedom*.

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.

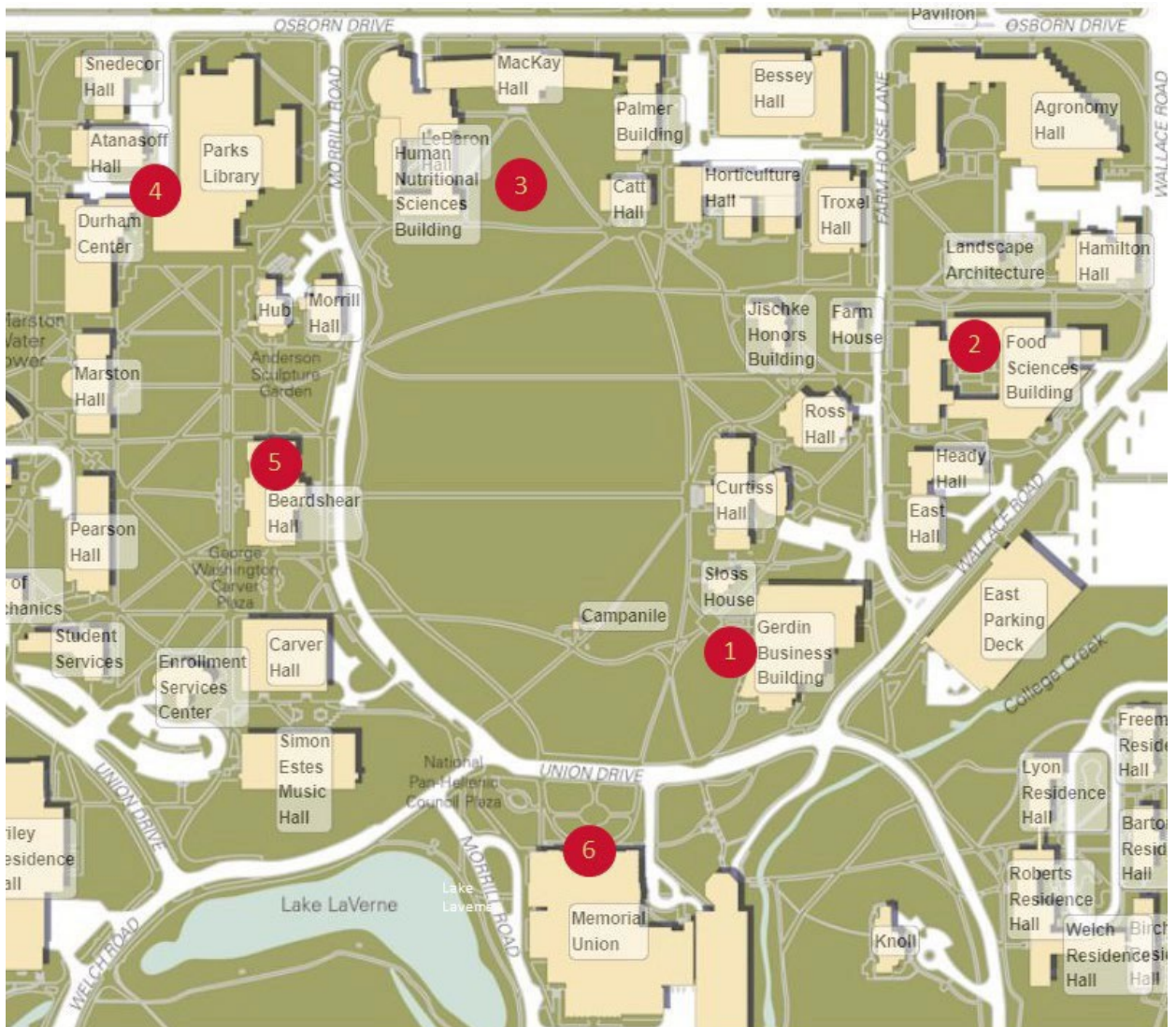
As you prepare to start, begin to quiet your mind. Put aside thoughts of schedules, to-do lists and other responsibilities. Come into this present moment—be right here, right now. Bring your full attention to the experience and the reflective opportunities.



History of Dairying, Christian Petersen, 1934

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



Bravo III, Bill Barrett, 2005

Pause 1: Bravo III (Grace and Balance)

Created by American artist Bill Barrett and added to the ISU collection in 2005, Bravo III belongs to the American modernism style made of bronze. Barret's sculpture addresses the interplay between positive and negative space with grace, elegance and exquisite balance. Like his other works, Bravo III floats through space, curving upward and outward, flirting with weight and gravity; the sculpture is sensual and intuitive, rather than ruled by an imposed logic. Others have said that Barrett's sculptures are distinctly American in their directness and lightness. His sophisticated constructions, through a delicate balance of form and content, transcend the starker aesthetics of minimalism with a warmth and humanity. Step back and notice that Bravo III resembles the mathematical symbol Pi.

Pause 2: Dairying Fountain (Drinking it in)

This 1934 mural is one of the first pieces Christian Petersen created at Iowa State while serving as sculptor-in-residence from 1934-1955. It was the first sculpture created as part of the federal Public Works of Art Project in Iowa during the Great Depression.

It is made of terracotta, and the left side portrays a 19th century family farm operation while the right side portrays dairy production moving to commercial facilities in the 1930s. The center is comprised of a bull and three Jersey cows drinking from the fountain to give the impression the cows are drinking water from a trough.

In 1986, the Food Sciences Building was expanded, and because the artwork is on the National Park Service's Registry of Historic Places, it couldn't be moved so the courtyard was enclosed. In 2013 it was retooled and restored and is a wonderful place to pause.



History of Dairying, Christian Petersem, 1934

3



Border Crossing, Luis Jimenez, 1989

Pause 3: Border Crossing (A New Life)

Border Crossing was added to the campus collection in 1989. It is a totem-like sculpture and is one of Luis Jiménez's signature works of art. The sculpture is of a man crossing the border carrying a woman on his shoulders. The woman holds a crying infant in her arms, sheltering the child. This sculpture commemorates the hundreds of thousands of immigrants who have travelled across the southwestern border from Mexico into the United States in search of a better life. It is a celebration of the immigrant and is dedicated to Jiménez's grandfather who crossed the border illegally with his grandmother and their son— his father.

Border Crossing is typical of Jiménez's other works of art with its larger-than-life figures. These figures are depicted to give the feeling of movement toward a goal and a will to survive, while also apparently fixed in time, exposed and in peril. The sculpture is made of fiberglass, a medium which Jiménez preferred.

Pause 4: Atanasoff/Durham (Shady Pause)

The space between these two buildings offers a quiet, shady spot on sunny days. John Vincent Atanasoff was a student and faculty member in physics and mathematics at Iowa State and is considered the father of the computer. He and an electrical engineering student, Clifford Berry, developed and improved the first electronic digital computing device—ABC, Atanasoff-Berry Computer from 1937-1942.

The ABC looked nothing like today's computers; it was the size of a big desk, weighed 750 pounds, and featured rotating drums for memory, glowing vacuum tubes, and a read/write system that recorded numbers by scorching marks on cards. But the machine also was the first to use several innovations that are still a part of today's computers: a binary system of arithmetic, separate memory and computing functions, regenerative memory, parallel processing, electronic amplifiers as on-off switches, circuits for logical addition and subtraction, clocked control of electronic operations, and a modular design.

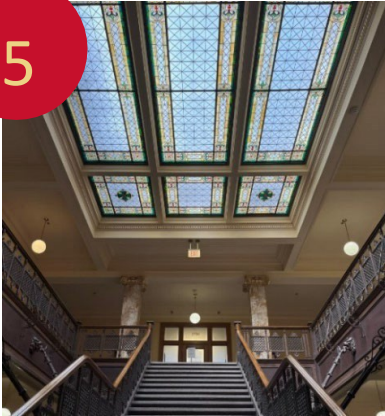
President George Bush awarded Atanasoff the National Medal of Technology in 1990.

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4



5



Glass Gardens, Marty Grund, 2002

Pause 5: Beardshear Hall (Glass Gardens)

Opened in 1906 as Central Building, it was renamed in 1938 after Iowa State College President William Miller Beardshear. This building is a prominent campus landmark constructed on the site of Old Main after it was destroyed by fire. It has housed the office of the President, Vice President, and other executive offices since it was built.

A complete restoration of the building was undertaken to return it to the original 1906 look in 2002. Using historical pictures, and after removing layers of paint, the original paint colors were identified. In order to restore the stained glass

skylights, a family that had purchased several of the stain glass panels in 1961 (removed due to water damage) provided these panels for the restoration project. The north and south skylights each contain 7,200 individually cut sections of stained glass, traced and transferred, leaded and custom fit. Be sure to look up next time you are in Beardshear. Notice the fresh paint in chocolate browns, soft yellows and ivory and the beautiful stained glass skylights. It's a view that hasn't been seen in nearly a hundred years.

Pause 6: Fountain of the Four Seasons (Circle of Life)

The Fountain of the Four Seasons sculpture was created in 1941 by Christian Petersen while he was the artist in resident at ISU. The fountain was removed for two years to be restored and was reinstalled in 1998. 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.



Fountain of Four Seasons, Christian Petersen, 1941

Pick a Pause

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

Pick a Pause Summer Edition was created for those who do not work close to central campus and for those who want to explore other locations around the ISU campus and Ames community.

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 three deep breaths, noticing and being grateful for the air coming into your body to support you. Breathe out any 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



ISU Research Park/Tedesco Environmental Learning Corridor

The Tedesco Environmental Learning Corridor is a quiet oasis on 37-acres that brings county, city, university and state partners together to showcase how commercial development, quality of life improvements and natural resource conservation can work together. This space offers opportunities to support your work/life balance and well-being. It's a nice place to take a stroll.

Location: Research Park, 1815 Plaza Loop, Ames, IA

*"We don't inherit the earth from our ancestors, we borrow it from our children."
-Native American proverb*

Reflect on the quote from a Native American proverb— if this land is “borrowed from our children,” what can you do to ensure its beauty for future generations?

Mindful Movement:
Explore a slow walking practice. Notice your feet touch the ground. Pause and notice the sounds, sights and smells. What draws your attention?

Thoughts:

2



4-H Building

Envisioned as a “front door” for Extension Services at ISU, the Extension 4-H Youth Building houses the 4-H Youth Programs and the Extension’s Communications Video and Radio Studios. It has an open courtyard on the south side that is a beautiful place to pause while taking a stroll.

Location: North side of campus, 1259 Stange Road

“Make each day your masterpiece.” -John Wooden.

Pausing on the northern side of campus, do you notice a different feel? Where in your life do you feel peaceful?

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

Thoughts:

3



ISU Cemetery

Iowa State possesses one of the oldest U.S. university cemeteries established in 1875. A walk through provides a snapshot of Iowa State's history. There are more than 900 graves including six university presidents; numerous administrators, faculty, and staff; veterans of five wars; two students; and a beloved night watchman and his dog.

Location: Northwest corner of campus overlooking Clear Creek on Pammel Drive.

"Above all nations is humanity." This is on a bronze plaque at Kung Fan Chi's grave, a student from China who died in 1929. Kung Fan Chi is reputed to be a direct descendent of Confucius, a Chinese philosopher.

As you walk around this space, consider all who have given their time and talents to ISU. What joys and struggles do you imagine they had? What joys and struggles have you had?

Mindful Movement:
Stroll around the cemetery. Pause and notice the names and years on the headstones. Embrace the history in this space.

Thoughts:

4



Veterinary Medicine Mural Model, Christian Petersen, 1936
The Gentle Doctor, Christian Petersen, 1937-1938

Veterinary Medicine Complex

As the nation's first public veterinary school, Vet Med takes pride in its heritage while shaping the future. There are two sculptures by Christian Petersen here. The Veterinary Medicine mural depicts the relationship between humans and domestic animals and survival. The Gentle Doctor sculpture adds a gentler, more compassionate image of veterinarians caring for a family pet.

Location: Small Animal Clinic at Vet Med Complex off University Blvd.

“Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.” –Albert Einstein

Consider the connection you have with animals and nature. How do these experiences enrich your life? Make you smile?

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

Thoughts:

Thoughts:

REFLECTION Stroll

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

The **Reflection** that you infuse into daily experiences offers opportunities to notice and then proceed. By pausing and checking in with yourself, you can identify choices and make decisions that positively impact the well-being of you and others. As you begin this Stroll, let go of all your concerns and 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 Reflection 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



Bravo III, Bill Barrett, 2005

Pause 1: Grace and Balance

Artist Bill Barret's sculpture addresses the interplay between positive and negative space with grace, elegance and exquisite balance. Bravo III floats through space, curving upward and outward, flirting with weight and gravity; the sculpture is sensual and intuitive, rather than ruled by an imposed logic. Step back and notice that Bravo III resembles the mathematical symbol, Pi.

Location: Northwest corner of the Gerdin Business Building

“The more peace we have within our own lives, the more we can reflect into the outer world.” -Senora Roy

Reflect on the quote by Senora Roy.
How much peace do you have in your world?
Where do you feel most peaceful?

Notice the details of the Bravo III sculpture.
What do you see that appears to give a sense of grace and balance?

Thoughts:



History of Dairying, Christian Petersen, 1934

Pause 2: Drinking It In

This is one of the first pieces Christian Petersen created while at Iowa State and the first sculpture as part of the federal Public Works of Art Project in Iowa during the Great Depression. It was restored in 2013 and adds a wonderful atmosphere to the Food Sciences Courtyard.

The left side portrays a 19th century family farm operation and the right side portrays dairy production moving to commercial facilities in the 1930s. The bull and three Jersey cows in the center were to give the impression of the cows drinking water from a trough.

Location: Inside the courtyard at Food Sciences Building

“The way we experience the world around us is a direct reflection of the world within us.” -Gabrielle Bernstein

This sculpture reflects the changes of family farms over the last century. How have these changes affected your life in the past and today?

Mindful Movement:

Take a slow comfortable inhale, breathing deep and full. Pause and fully exhale, releasing your breath. Repeat four times and notice how you feel.

Thoughts:



Pause 3: A New Life

This totem-like sculpture is one of Luis Jiménez's signature works of art. The sculpture is of a man crossing the border carrying a woman on his shoulders. The woman holds a crying infant in her arms, sheltering the child. This sculpture commemorates the hundreds of thousands of immigrants who have travelled across the southwestern border from Mexico into the United States in search of a better life. These figures are depicted to give the feeling of movement toward a goal and a will to survive.

Location: Main campus, east of Morrill Hall and south of MacKay Hall

Border Crossing, Luis Jimenez, 1989

“Sometimes the people around you won’t understand your journey.
They don’t need to, it’s not for them.” -Joubert Botha

Reflect on the quote by
Joubert Botha.
Have there been times in
your life when others didn’t
understand your journey?
How do you feel about
your choices?

Look around in all
directions.
Check in with your senses.
What do you see?
What do you hear?
What do you smell?

Thoughts:



Pause 4: Shady Pause

The space between these two buildings offers a quiet, shady spot on sunny days. John Vincent Atanasoff is considered the father of the computer. He and Clifford Berry developed the first electronic digital computing device— ABC, Atanasoff-Berry Computer from 1937-1942.

The ABC looked nothing like today's computers; it was the size of a big desk and weighed 750 pounds. However, several innovations created then are still a part of today's computer including a binary system of arithmetic and parallel processing.

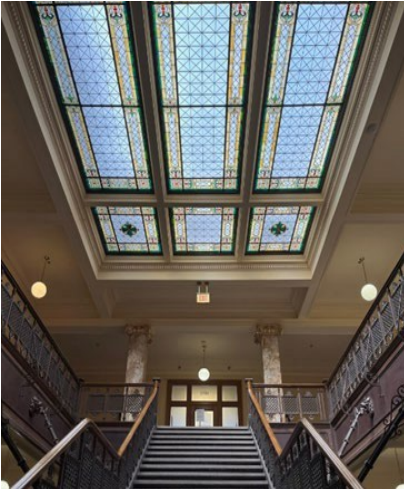
Location: Between Atanasoff Hall and Durham Center

“We do not learn from experience. We learn from reflecting on experience.”
-John Dewey

Reflect on your experiences at Iowa State. How have they influenced your life?

Mindful Movement:
Walk around this quiet, shady area between the buildings. Pause on a bench or by a tree. Notice how you feel.

Thoughts:



Glass Gardens, Marty Grund, 2002

Pause 5: Glass Gardens

This building is a prominent campus landmark constructed on the site of Old Main after it was destroyed by fire. It has housed the office of the President, Vice President and other executive offices since it was built in 1906.

A complete restoration of the building was done in 2002 returning to the original paint colors and recreating the amazing stained-glass skylights.

Be sure to look up next time you are in Beardshear. It's a view that hasn't been seen in over a hundred years.

Location: Inside Beardshear Hall

“Living in a way that reflects one’s values is not just about what you do, it is also about how you do things.” -Deborah Day

Reflect on the quote by Deborah Day.
How do your values reflect how you do things each day?

Look up and around.
What do you see?
What can you touch?
Imagine the workers who created this amazing space– and those who restored it!

Thoughts:

Pause 6: Circle of Life

The Fountain of the Four Seasons sculpture was created in 1941 by Christian Petersen. It is inspired by the Osage chant of thanksgiving with the four seated Native American women facing north, south, east, and west, each demonstrating a line of the prayer and the seasonality of the year.

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

Location: Outside of the north entrance to the Memorial Union



Fountain of Four Seasons, Christian Petersen, 1941

“What we fear doing most is usually what we most need to do.” -Ralph Waldo Emerson

Reflect on your journey of life to this point. The seasons that you have encountered over and over again. What learnings do you want to hold on to as you continue your circle of life?

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:

Thoughts:

FULFILLMENT Stroll

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

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. As you begin this Stroll, let go of all your concerns and 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 Fulfillment 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



Bravo III, Bill Barrett, 2005

Pause 1: Grace and Balance

Artist Bill Barret's sculpture addresses the interplay between positive and negative space with grace, elegance and exquisite balance. Bravo III floats through space, curving upward and outward, flirting with weight and gravity; the sculpture is sensual and intuitive, rather than ruled by an imposed logic. Step back and notice that Bravo III resembles the mathematical symbol, Pi.

Location: Northwest corner of Gerdin Business Building

“It's your life– but only if you make it so.” -Eleanor Roosevelt

How does grace and balance add to the fulfillment of your life?

Check in with your senses and look around.

What can you see?
What can you hear?
What can you feel?
What can you smell?

Thoughts:



History of Dairying, Christian Petersen, 1934

Pause 2: Drinking It In

This is one of the first pieces Christian Petersen created while at Iowa State and the first sculpture as part of the federal Public Works of Art Project in Iowa during the Great Depression. It was restored in 2013 and adds a wonderful atmosphere to the Food Sciences Courtyard.

The left side portrays a 19th century family farm operation and the right side portrays dairy production moving to commercial facilities in the 1930s. The bull and three Jersey cows in the center were to give the impression that the cows are drinking water from a trough.

Location: Inside the courtyard at Food Sciences Building

“Don’t give up. Remember, it’s always the last key on the key ring that opens the door.”
-Paulo Coelho

Pause to think of all the students, faculty and staff that have been where you are now. What might have given them a sense of fulfillment? What gives you a sense of fulfillment?

Mindful Movement:

Focus your attention on your breath as you slowly take a deep breath through your nose, then let it out through your nose. Pause for two seconds and repeat four times.

Thoughts:

Pause 3: A New Life



Border Crossing, Luis Jimenez, 1989

This totem-like sculpture is one of Luis Jiménez's signature works of art. The sculpture is of a man crossing the border carrying a woman on his shoulders. The woman holds a crying infant in her arms, sheltering the child. This sculpture commemorates the hundreds of thousands of immigrants who have travelled across the southwestern border from Mexico into the United States in search of a better life. These figures are depicted to give the feeling of movement towards a goal and a will to survive.

Location: Main campus, east of Morrill Hall and south of MacKay Hall

“If you look to others for fulfillment, you will never be truly fulfilled.” -Lao Tzu

When in your life have you started “a new life?”
Starting college, a new job or a family.
How did you feel with each of these changes?

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

Thoughts:



Pause 4: Shady Pause

The space between these two buildings offers a quiet, shady spot on sunny days. John Vincent Atanasoff is considered the father of the computer. He and Clifford Berry developed the first electronic digital computing device— ABC, Atanasoff-Berry Computer from 1937-1942.

The ABC looked nothing like today's computers; it was the size of a big desk and weighed 750 pounds. However, several innovations created then are still a part of today's computer including a binary system of arithmetic and parallel processing.

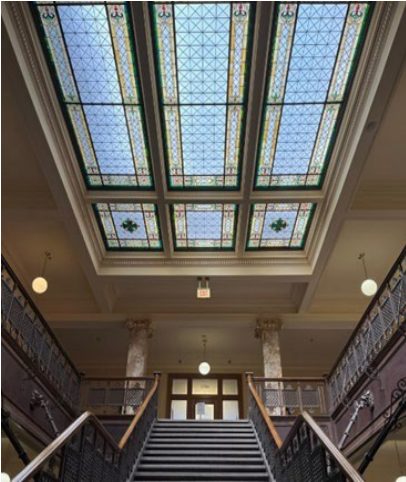
Location: Between Atanasoff Hall and Durham Center

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the thing you think you cannot do.”
-Eleanor Roosevelt

Reflect on the quote by Eleanor Roosevelt. What is the one thing you must do that you think you cannot do?

Mindful Movement:
Walk around the area slowly. Notice the different colors, textures, spaces that it offers to pause. What do you see and how does it make you feel?

Thoughts:



Glass Gardens, Marty Grund, 2002

Pause 5: Glass Gardens

This building is a prominent campus landmark constructed on the site of Old Main after it was destroyed by fire. It has housed the office of the President, Vice President, and other executive offices since it was built in 1906.

A complete restoration of the building was done in 2002 returning to the original paint colors and recreating the amazing stained-glass skylights.

Be sure to look up next time you are in Beardshear. It's a view that hasn't been seen in over a hundred years.

Location: Inside Beardshear Hall

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

Reflect on the quote by Jaren Davis.

What are you grateful for, right here, right now?

What are you aware of in this moment?

What colors and textures can you see around you?

Thoughts:



Fountain of Four Seasons, Christian Petersen, 1941

Pause 6: Circle of Life

The Fountain of the Four Seasons Sculpture was created in 1941 by Christian Petersen. It is inspired by the Osage chant of thanksgiving with the four seated Native American women facing north, south, east, and west, each demonstrating a line of the prayer and the seasonality of the year.

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: Outside of the north entrance to the Memorial Union

“A life of fulfillment comes from within; through the knowledge that you were created with everything you need to be happy.” -Deepak Chopra

What season of life are you in? Spring, summer, fall or winter? Are you planting or harvesting? Watching things grow or in a state of rest? What is most fulfilling?

Mindful Movement:
Walk deliberately and slowly around the fountain. Notice each step and how your foot connects with the ground.
Notice the four seasons represented and the words of thanks.

Thoughts:

Thoughts:

FREEDOM Stroll

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

The **Freedom** that you experience is directly related the choices that you make each day. You have the ability to look at options available to you and choose how you see your life and how you spend your time. As you begin this Stroll, let go of all your concerns and 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 Freedom 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



Bravo III, Bill Barrett, 2005

Pause 1: Grace and Balance

Artist Bill Barret's sculpture addresses the interplay between positive and negative space with grace, elegance and exquisite balance. Bravo III floats through space, curving upward and outward, flirting with weight and gravity; the sculpture is sensual and intuitive, rather than ruled by an imposed logic. Step back and notice that Bravo III resembles the mathematical symbol, Pi.

Location: Northwest corner of Gerdin Business Building

**"We must be free not because we claim freedom, but because we practice it."
-William Faulkner**

Reflect on the quote by
William Faulkner.
How do you practice
freedom?
What does that look like, and
feel like, to you?

Mindful Movement:
Walk around the sculpture.
Notice it from different angles
and perspectives.
What do you notice?
How does it make you feel?
What can you see?
What can you hear?
What can you feel?
What can you smell?

Thoughts:

Pause 2: Drinking It In



History of Dairying, Christian Petersen, 1934

This is one of the first pieces Christian Petersen created while at Iowa State and the first sculpture as part of the federal Public Works of Art Project in Iowa during the Great Depression. It was restored in 2013 and adds a wonderful atmosphere to the Food Sciences Courtyard.

The left side portrays a 19th century family farm operation and the right side portrays dairy production moving to commercial facilities in the 1930s. The bull and three Jersey cows in the center were to give the impression that the cows are drinking water from a trough.

Location: Inside the courtyard at Food Sciences Building

“Freedom is not merely the opportunity to do as one pleases, neither is it merely the opportunity to choose between set alternatives. Freedom is, first of all, the chance to formulate the available choices, to argue over them— and then, the opportunity to choose.” -C Wright Mills

How did freedom, and the opportunity to choose, impact family farms in Iowa? How has it impacted you?

As you pause by the fountain, notice the sounds and sights. Perhaps feel the spray of the cool water.

Thoughts:



Border Crossing, Luis Jimenez, 1989

Pause 3: A New Life

This totem-like sculpture is one of Luis Jiménez's signature works of art. The sculpture is of a man crossing the border carrying a woman on his shoulders. The woman holds a crying infant in her arms, sheltering the child. This sculpture commemorates the hundreds of thousands of immigrants who have travelled across the southwestern border from Mexico into the United States in search of a better life. These figures are depicted to give the feeling of movement towards a goal and a will to survive.

Location: Main campus, east of Morrill Hall and south of MacKay Hall

“You can’t separate peace from freedom because no one can be at peace unless he has his freedom.” -Malcom X

When did your family first arrive in this land that is now the United States? What role do you think freedom played in their choice to immigrate?

Mindful Movement:

When by the sculpture, take a breath and notice what is in your field of vision. With your next breath turn your head to the right, next breath to the left, next breath look up and next breath look down. With each breath, pause and notice what is in your field of vision.

Thoughts:



Pause 4: Shady Pause

The space between these two buildings offers a quiet, shady spot on sunny days. John Vincent Atanasoff is considered the father of the computer. He and Clifford Berry developed the first electronic digital computing device— ABC, Atanasoff-Berry Computer from 1937-1942.

The ABC looked nothing like today's computers; it was the size of a big desk and weighed 750 pounds. However, several innovations created then are still a part of today's computer including a binary system of arithmetic and parallel processing.

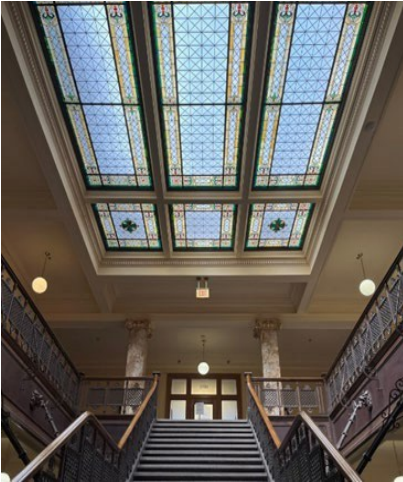
Location: Between Atanasoff Hall and Durham Center

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” -Viktor E. Frankl

Reflect on the quote by Viktor Frankl. How can you use the space between stimulus and response to be more responsive and less reactive in difficult situations?

Check in with your senses. Do you hear bird songs or feel the wind blowing? See the leaves moving in the trees? What do you notice from your vantage point?

Thoughts:



Glass Gardens, Marty Grund, 2002

Pause 5: Glass Gardens

This building is a prominent campus landmark constructed on the site of Old Main after it was destroyed by fire. It has housed the office of the President, Vice President, and other executive offices since it was built in 1906.

A complete restoration of the building was done in 2002 returning to the original paint colors and recreating the amazing stained-glass skylights.

Be sure to look up next time you are in Beardshear. It's a view that hasn't been seen in over a hundred years.

Location: Inside Beardshear Hall

“Freedom is the open window through which pours the sunlight of the human spirit and human dignity.” -Herbert Hoover

Pause and reflect on all the students, faculty and staff that have been in this building. If they could tell you a story, what do you think it would be?

Mindful Movement:
Walk around and focus on the details...
What do you see?
What can you feel?
What do you hear?
What takes your breath away?

Thoughts:



Fountain of Four Seasons, Christian Petersen, 1941

Pause 6: Circle of Life

The Fountain of the Four Seasons Sculpture was created in 1941 by Christian Petersen. It is inspired by the Osage chant of thanksgiving with the four seated Native American women facing north, south, east, and west, each demonstrating a line of the prayer and the seasonality of the year.

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: Outside of the north entrance to the Memorial Union

“Do not follow where the path may lead.

Go instead where there is not a path and leave a trail.” -Ralph Waldo Emerson

Reflect on the quote by
Ralph Waldo Emerson.
What path are you on?
How does it feel?
Are you enjoying it?
Is it time to create a trail of
your own?

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:

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.

Artwork and Artists

- **Border Crossing, Luis Jiménez, 1989**, Fiberglass with urethane finish, Purchased by the College of Consumer and Family Sciences. In the Art on Campus Collection, University Museums, Iowa State University, Ames, Iowa.
Found on pages 7, 18, 26, 34
- **Bravo III, Bill Barrett, 2005**, Bronze, Purchased with funds from the College of Business. In the Art on Campus Collection, University Museums, Iowa State University.
Found on pages 6, 16, 24, 32
- **Fountain of Four Seasons, Christian Petersen, 1941**, Bedford limestone and terra cotta, Commissioned by Iowa State College. In the Christian Petersen Art Collection, Art on Campus Collection, University Museums, Iowa State University, Ames, Iowa.
Found on pages 2, 8, 21, 29, 37
- **Glass Gardens, Marty Grund, 2002**, Paint, gold gilding, lead, and colored glass, The Beardshear Hall Skylight Project in an Iowa Art in State Buildings Project with additional financial support from George Christensen, and Beverly and Warren Madden. In the Art on Campus Collection, University Museums, Iowa State University, Ames, Iowa.
Found on pages 1, 8, 20, 28, 36
- **History of Dairying, Christian Petersen, 1934**, Terra cotta, Commissioned by Iowa State College. In the Christian Petersen Art Collection, Art on Campus Collection, University Museums, Iowa State University, Ames, Iowa.
Found on pages 2, 4, 6, 17, 25, 33
- **The Gentle Doctor, Christian Petersen, 1937-1938**, Terra cotta. In the Christian Petersen Art Collection, Art on Campus, University Museums, Iowa State University, Ames, Iowa.
Found on page 13
- **Veterinary Medicine Mural Model, 1936**, Painted plaster. In the Christian Petersen Art Collection, Art on Campus, University Museums, Iowa State University, Ames, Iowa.
Found on page 13