

Winter

Strolls for Well-being at ISU:

Press Pause & Take a Break...

Photo from Iowa State University Special Collections and University Archives.

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:

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

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

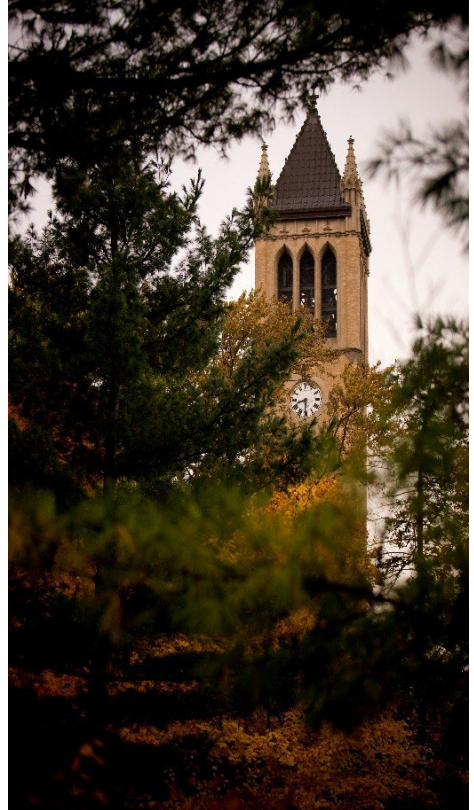
<https://www.wellbeing.iastate.edu/mindfulness/strolls-home>

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.



Cultivated Beauty, Louise "Ouizi" Jones, 2021



Balance of Life, Edward Smyth, 1998

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.

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 winter 2022, there are three different themed Strolls to experience: *Possibility*, *Journey* and *Gratitude*. 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: *Possibility*, *Journey* or *Gratitude*.

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.

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: Traditions

Location: Memorial Union north entrance

Gold Star Hall's stained-glass windows illustrate the primary virtues an ISU student should strive to have: learning, virility, courage, patriotism, justice, faith, determination, love, obedience, loyalty, integrity and tolerance. In 1942, alumnus and World War I veteran Harold Cummings was commissioned as the designer for the project which was installed in 1943. The windows are a lesser-known tradition at ISU, which can be seen as the 12 pillars of what it takes to be a true Iowa Stater.

"The first impression is that they are very churchy, but each is a symbol for something," Kathy Svec, former marketing coordinator at the Memorial Union said. "They are the story of Iowa State." And all who aspire to be a true Iowa Stater.

Pause 2: Stillness

Location: Union Drive, in between Friley and the Memorial Union

Lake LaVerne was created in 1916 and was funded by LaVerne W. Noyes, a member of the first graduating class of 1872. Noyes made a \$10,000 donation with the intention of making his alma mater more beautiful. Lake LaVerne is also home to the swans, Lancelot and Elaine, who were originally added to the lake in Veishea week of 1935. Legend says that if one walks with their love, in silence, three times around the lake, then they are truly destined to be together.



2

3



Air Spiral, Susan Selene Fiene, 2002

Pause 3: Air Spiral

Location: Outside the Student Services Building

Becoming the “best” was Iowa State’s slogan at the turn of the 21st century. Tucked away among the trees near the Student Services Building is a visual reminder of this mission. Installed in 2002, *Air Spiral*, with its sturdy base and twisting forms, suggests a fervent upward spiral to success and can also be thought of as funneling downward. The quote on the spiral, from the Greek philosopher Heraclitus, can be enlightening: “Nothing ever is, everything is becoming.”

“It sets up an impossibility and then counters it with a positive assertion,” the artist Fiene said. “This quote will offer direction and reassurance about the process of personal and intellectual growth.” Though life is uncertain, we are reminded that the world keeps spinning.

Pause 4: Hidden Gems

Location: Inside and outside of Morrill Hall

The Hidden Gems of the Sculpture Garden by Louise Jones (pictured top) is a collaboration between artist and educator that was completed in 2021. The mural was developed through conversations with horticulturalists, curators, and art and plant lovers. The work displays the plantings in the Anderson Sculpture Garden so their beauty can still be appreciated when they aren’t in bloom.

A Cultivated Beauty by Louise Jones (pictured bottom) is a bouquet composed of pink peonies, a Buck rose from the Anderson Sculpture Garden, a Black-eyed Susan and Prairie Rose (two classic prairie wildflowers) and a Regal Fritillary butterfly. ISU’s campus is a lush, colorful display of native and garden varieties of every plant and flower imaginable, including but not limited to, the ones selected for this bouquet.



Hidden Gems of the Sculpture Garden, Louise "Quizi" Jones, 2021



Cultivated Beauty, Louise "Quizi" Jones, 2021

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.

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Balance of Life, Edward Smyth, 1998

Pause 5: Balance of Life

Location: Inside Kildee Hall

Balance of Life was commissioned courtesy of the Art in State Buildings program in 1998 and is in Kildee Hall, home to the university's renowned Department of Animal Science. The spectacular mosaic greets visitors as soon as they enter the building, and depicts cattle, pigs and poultry in various stages of development.

Scenes showing students and faculty interacting with these animals are "decorated" with images of ordinarily microscopic chromosomes. According to ISU University Museums, "Smyth intended this mosaic to document the work of animal science on the walls of the Animal Science Building in the same way that primitive man drew images of hunting and rituals on cave walls."

Pause 6: All the Way Home

Location: Inside Curtiss Hall

Installed in 2013, *All the Way Home* is by artist Julie Chang, who has a tendency to use patterns to disrupt the way people normally see. Located on the floor in Curtiss Hall, it is not at first obvious to students walking across it. But if you go to higher floors in the building and look down, it encompasses the vibrancy and beauty of nature's movement, suggesting the growing cycles and technological advancements of agriculture. It is a bright and simplified, yet thought-provoking, look at how agriculture shapes us and how we, in turn, shape it.

People often think of art on campus as large sculptures, but much at ISU is integrated into buildings on walls and floors. As you walk around campus, be sure to look up and down and check out the walls, for amazing art can be found in all places around campus.

6



All the Way Home, Julie Chang, 2013

POSSIBILITY Stroll

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

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

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 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 Possibility 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: Traditions

Traditions are a part of our past and our futures. We have family traditions as well as traditions at work and study. Traditions bring an aspect of richness and exploration to everyday events. Explore this space; it is amazing.

Location: Memorial Union north entrance

“I dwell in possibility...” -Emily Dickinson

As you stand in the Gold Star Hall, consider the traditions of the past and the possibilities that those who have walked these halls before today experienced.

Pause and look closely at one of the windows. What do you notice? What symbols do you see and what do they mean for you?

Thoughts:



Pause 2: Stillness

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

Location: Union Drive, in between Friley and the Memorial Union

“The future belongs to those who see possibilities before they become obvious.”
-John Sculley

While pausing on a bench along Lake LaVerne or strolling around, consider the many possibilities that you have for this moment— right here and right now.

Mindful Movement:

As you approach Lake LaVerne, begin to notice the ground under your feet. Walk with awareness of all that is around you.

When you come to a place to pause, take two breaths. Look to your right and take two breaths, then look to your left and take two breaths. Come back to looking forward and take two more breaths. How do you feel?

Thoughts:



Air Spiral, Susan Selene Fiene, 2002

Pause 3: Air Spiral

Becoming the “best” was Iowa State’s slogan at the turn of the 21st century. Tucked away among the trees near the Student Services Building, *Air Spiral*, with its sturdy base and twisting forms, suggests a fervent upward spiral to success and can also be thought of as funneling downward. Though life is uncertain, we are reminded that the world keeps spinning.

Location: Outside the Student Services building

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

As you pause,
consider the quote
above. What is
possible in your life
right now?

Imagine if this
sculpture would start
to move. What would
it look like, how would
it feel? What would it
remind you of?

Thoughts:

Pause 4: Hidden Gems

One aspect of mindfulness is to be present in this moment, to walk with an awareness and intention to what is around us. The mural, *Hidden Gems*, reminds us to walk through life with our eyes and senses open and aware of what we are experiencing right here, right now.

Location: Inside and outside of Morrill Hall

“Never lose hope, there are always possibilities if you just look for them.” -Catherine Pulsifer



*Hidden Gems of the Sculpture Garden,
Louise "Quizi" Jones, 2021*



Cultivated Beauty, Louise "Quizi" Jones, 2021

Look at the mural from different angles and distances. What do you notice from these different perspectives? How does this relate to your life?

Mindful Movement:
As you look at the flowers in the mural, can you imagine what they smell like, what the petals feel like, the amazing colors?

Thoughts:



Balance of Life, Edward Smyth, 1998

Pause 5: Balance of Life

Part of our never-ending journey in life is finding the time to do what we need to do, what we enjoy doing and what we love to do. Sometimes a healthy balance in life is elusive, there is too much to do and not enough time. Being mindful of daily choices can help bring a balance to your life— one that feels right to you.

Location: Inside Kildee Hall

“We have more possibilities available in each moment than we realize.”
-Thich Nhat Hanh

Consider the balance of your life right now. Do you have the time to do what you love? If so, great! If not, how can you find time next week and do it?

Take a few deep breaths and reflect on the role that agriculture plays in your life.

Thoughts:



All the Way Home, Julie Chang, 2013

Pause 6: All the Way Home

There is an old saying that that goes: “It is not the destination, but the experiences along the way that make life worthwhile.” There are many roads that we can take, some seem clear while others are foggy and uncertain. There are ups and downs and even a few potholes along the way. If you stay the course and remain open, often you will find surprises, challenges, excitement, struggles and pure joy. Choose your path and be open to the possibilities.

Location: Inside Curtiss Hall

“Hit the reset button. Whatever happened yesterday, forget about it. Get a new perspective. Today is a new day. Fresh start, begins now.” -Germany Kent

Walk across the floor and then go to an upper level and look down. What do you notice from these different perspectives? How does looking at life from different angles give you new perspective?

Mindful Movement:
Walk around the floor slowly. Notice the different colors and designs. What do you see and how does it make you feel?

Thoughts:

Thoughts:

JOURNEY Stroll

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

Our **Journey** to this present moment has included many twists and turns. 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 Journey 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: Traditions

Traditions are a part of our past and our futures. We have family traditions as well as traditions at work and study. Traditions bring an aspect of richness and exploration to everyday events. Explore this space; it is amazing.

Location: Memorial Union north entrance

“How we spend our days is, of course, how we spend our lives.”
-Barry Lopez

Pausing in the Gold Star Hall, consider all the people that have passed through this space. ISU is part of your journey, what traditions have you embraced here?

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: Stillness

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

Location: Union Drive, in between Friley and the Memorial Union

“Aim for the sky, but move slowly, enjoying every step along the way. It is all those little steps that make the journey complete.” -Chanda Kochhar

Winter by Lake LaVerne offers a different perspective. Reflect on how this time is different compared to fall or summer. How has your life’s journey changed during the seasons of your life?

Mindful Movement:
As you walk around the lake, notice how your feet connect with the path. Take each step with intention and attention. How does it feel? Is it dry and easy, or is it slippery and challenging?

Thoughts:



Air Spiral, Susan Selene Fiene, 2002

Pause 3: Air Spiral

Becoming the “best” was Iowa State’s slogan at the turn of the 21st century. Tucked away among the trees near the Student Services Building, *Air Spiral*, with its sturdy base and twisting forms, suggests a fervent upward spiral to success and can also be thought of as funneling downward. Though life is uncertain, we are reminded that the world keeps spinning.

Location: Outside the Student Services Building

“Nothing ever is, everything is becoming.” -Greek philosopher Heraclitus

Reflect on the quote emblazoned across the spiral as shared above. What does this mean to you and your current journey?

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

Thoughts:

Pause 4: Hidden Gems



*Hidden Gems of the Sculpture Garden,
Louise "Quizi" Jones, 2021*

One aspect of mindfulness is to be present in this moment, to walk with an awareness and intention to what is around us. The mural, *Hidden Gems*, reminds us to walk through life with our eyes and senses open and aware of what we are experiencing right here, right now.

Location: Inside and outside of Morrill Hall



Cultivated Beauty, Louise "Quizi" Jones, 2021

“All journeys have secret destinations of which the traveler is unaware.” –Martin Buber

Hidden gems are often part of a new and uncharted path of life's journey.
Reflect on a time when the destination was a surprise you did not see coming.

Mindful Movement:
As you approach the painting, pause at different distances and angles.
Take a couple deep breaths, can you imagine being in a garden with these flowers blooming?
What does it feel like?

Thoughts:



Balance of Life, Edward Smyth, 1998

Pause 5: Balance of Life

Part of our never-ending journey in life is finding the time to do what we need to do, what we enjoy doing and what we love to do. Sometimes a healthy balance in life is elusive, there is too much to do and not enough time. Being mindful of daily choices can help bring a balance to your life— one that feels right to you.

Location: Inside Kildee Hall

“Not everyone will understand your journey. That’s okay. You’re here to live your life, not to make everyone understand.” -Banksy

Reflect on your journey when you had a healthy balance in your life.
What did it look like?
What did it feel like?
How does it feel now?

As you gaze at the mural, what sights, sounds and experiences do you recall of being outside, perhaps on a farm?

Thoughts:



All the Way Home, Julie Chang, 2013

Pause 6: All the Way Home

There is an old saying that that goes: “It is not the destination, but the experiences along the way that make life worthwhile.” There are many roads that we can take, some seem clear while others are foggy and uncertain. There are ups and downs and even a few potholes along the way. If you stay the course and remain open, often you will find surprises, challenges, excitement, struggles and pure joy. Choose your path and be open to the possibilities.

Location: Inside Curtiss Hall

“To get through even the hardest journey we need only take one step at a time – but we must keep on stepping.” -Chinese proverb

Consider your personal journey right now.
Are you continuing to take one step at a time?
What is one step that you feel you need to take?

Mindful Movement:

Today, slow down during activities.
Eat your meals with awareness—notice each bite.
Enjoy a warm drink.
Slowing down and noticing what is happening will bring you into the present moment and can ease tension.

Thoughts:

Thoughts:

GRATITUDE Stroll

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

Bringing **Gratitude** to this present moment raises awareness for all of which we can be thankful—everything from how our heart knows to keep beating to the beauty of nature. 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 Gratitude 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 2: Stillness

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

Location: Union Drive, in between Friley and the Memorial Union

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

Reflect on Maya Angelou’s quote above. What is wonderful about today?

Mindful Movement:

Walk in silence to the lake.
Pause every few minutes and notice...

What do you see?
What can you hear?
What can you touch?
What can you smell?

Be present right here, right now.

Thoughts:



Air Spiral, Susan Selene Fiene, 2002

Pause 3: Air Spiral

Becoming the “best” was Iowa State’s slogan at the turn of the 21st century. Tucked away among the trees near the Student Services Building, *Air Spiral*, with its sturdy base and twisting forms, suggests a fervent upward spiral to success and can also be thought of as funneling downward. Though life is uncertain, we are reminded that the world keeps spinning.

Location: Outside the Student Services Building

“Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” -Melody Beattie

Reflect on a time when
your life was spinning
and uncertain.
Looking back now,
what are you grateful
for?

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

Thoughts:

Pause 4: Hidden Gems



*Hidden Gems of the Sculpture Garden,
Louise "Quizzi" Jones, 2021*



Cultivated Beauty, Louise "Quizzi" Jones, 2021

One aspect of mindfulness is to be present in this moment, to walk with an awareness and intention to what is around us. The mural, *Hidden Gems*, reminds us to walk through life with our eyes and senses open and aware of what we are experiencing right here, right now.

Location: Inside and outside of Morrill Hall

“Enjoy the little things, for one day you may look back and realize they were the big things.” -Robert Brault

As you explore this pause, what “small things” have happened to you today that you are grateful for?

Mindful Movement:
Notice the gratitude you feel to be able to explore such amazing artwork. Be grateful for the gift of being on a campus that values all types of art.

Thoughts:



Balance of Life, Edward Smyth, 1998

Pause 5: Balance of Life

Part of our never-ending journey in life is finding the time to do what we need to do, what we enjoy doing and what we love to do. Sometimes a healthy balance in life is elusive, there is too much to do and not enough time. Being mindful of daily choices can help bring a balance to your life— one that feels right to you.

Location: Inside Kildee Hall

“When eating fruit, remember the one who planted the tree.” -Vietnamese Proverb

For your meals today,
express gratitude for how
it got to your table.

Thanks to:
Farmers
Transport drivers
Grocery staff
Cooks and servers

Today, enjoy your food
with a mindfulness
approach.

Notice:
Am I hungry?
How does the food smell?
How does the food taste?
When am I full?

Thoughts:



All the Way Home, Julie Chang, 2013

Pause 6: All the Way Home

There is an old saying that goes: “It is not the destination, but the experiences along the way that make life worthwhile.” There are many roads that we can take, some seem clear while others are foggy and uncertain. There are ups and downs and even a few potholes along the way. If you stay the course and remain open, often you will find surprises, challenges, excitement, struggles and pure joy. Choose your path and be open to the possibilities.

Location: Inside Curtiss Hall

“When it comes to life, the critical thing is whether you take things for granted or take them with gratitude.” -G.K. Chesterton

Feel gratitude for your blessings and the simple everyday pleasure of being alive.
What are you grateful for right now?

Mindful Movement:
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. Holding your breath after you exhale helps counteract stress patterns.

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. For example, the winter themes include possibility, journey and gratitude.

Artwork and Artists

- ***Air Spiral, Susan Selene Fiene, 2002***, Stainless steel, Purchased by the Iowa Art in State Buildings Program for the Student Services Building, with additional funding from: Patricia Andersen, Forrest and Miles Bousquet, Nancy Corbin, Peter D. and Rebecca Englin, Thomas L. Hill, Terry Mason, Phyllis Miller, Robert and Miriam Patterson, Mary Beth Snyder, Roy and Bobbie Warman, and Suzanne Zilber. In the Art on Campus Collection, University Museums, Iowa State University, Ames, Iowa. In the Art on Campus Collection, University Museums, Iowa State University.

Found on pages 9, 14, 22, 30

- ***All The Way Home, Julie Chang, 2013***, Terrazzo floor with brass and bronze insets, Commissioned by University Museums and the College of Agriculture and Life Sciences. Iowa Art in State Buildings Project for Curtiss Hall. In the permanent Art on Campus Collection, University Museums, Iowa State University, Ames, Iowa.

Found on pages 10, 17, 25, 33

- ***Balance of Life, Edward Smyth, 1998***, Stone, glass, gold, painted wood panels, An Iowa Art in State Buildings Project for the Kildee Hall Addition. In the Art on Campus Collection, University Museums, Iowa State University, Ames, Iowa.

Found on pages 4, 10, 16, 24, 32

- ***Cultivated Beauty, Louise "Ouizi" Jones, 2021***, Acrylic on wall, Commissioned by University Museums with funds from the Joyce Brewer Acquisition Fund, and the Neva Petersen Endowment. In the Art on Campus Collection, University Museums, Iowa State University, Ames, Iowa.

Found on pages 4, 9, 15, 23, 31

- ***Hidden Gems of the Sculpture Garden, Louise "Ouizi" Jones, 2021***, Acrylic on panel, Commissioned by University Museums with funds from the Joyce Brewer Acquisition Fund, and the Neva Petersen Endowment. In the Art on Campus Collection, University Museums, Iowa State University, Ames, Iowa.

Found on pages 9, 15, 23, 31