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Pick a Pause: Circle of Life

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

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

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

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

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

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

Each pause will have choices for reflection:

A quote,
reflection, or
question

A focus on
awareness
of senses

A mindful
movement

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

1



Circle of Life Pause

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

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

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

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

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

Thoughts: