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Pick a Pause: Life is a Journey

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

5



Life is a Journey Pause

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

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

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

Reflect on the experiences you have had in life.

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

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

Thoughts: