



We need your feedback!
Click here or scan the QR
code to access the survey.

Awareness Stroll

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

Bringing **Awareness** to this present moment is a first step to being more mindful and releasing unhealthy stress from your daily experience. 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- be right here, right now.

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 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 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 Awareness 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: Circle of Life

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: Fountain of the Four Seasons on the north side at Memorial Union.

“Let us not look back in anger or forward in fear, but around in awareness.” -Thoreau

As you gaze at the fountain, become aware of the beauty around you. Feel the sense that you are here for a reason, right here and right now.

What are you aware of in this moment?

What colors can you see around you?

What do you hear? What can you smell?

Thoughts:



Pause 2: Walking Path

Walking is a metaphor for a new beginning and leaving past troubles and sorrows behind. Following the path leads to a transition from one thing to the next.

Location: George Washington Carver Plaza between Carver and Beardshear Halls.

“No individual has any right to come into the world and go out of it without leaving behind him distinct and legitimate reasons for having passed through it.”
-George Washington Carver

From the quote above, what “distinct and legitimate reasons” can you think of from your life? Remember, a simple smile or ‘thank you’ can be a “legitimate reason!”

Mindful Movement to notice the direction of our path.

While standing in the plaza, take two steps forward and pause for two breaths. Take two steps to the right and pause for two breaths, then take two steps to the left and pause for two breaths. Notice the various directions one can move to find a path to deeper awareness.

Thoughts:



Pause 3: Zig-Zag Path

The zig-zag path is a metaphor for times in our lives when we were not sure where we were going. Unseen challenges are a part of life. As you enter the garden, you cannot see the other side and must walk in faith that the path will lead you where you want to go.

Location: Anderson Sculpture Garden next to Morrill Hall.

“Everything in life is most fundamentally a gift. And you receive it best and you live it best by holding it with very open hands.” -Leo O’Donovan

Explore the Anderson Sculpture Garden.

Bring your awareness to this space. Where are you most drawn to in this garden and why?

As you explore, what do you see and touch that allows you to change your perspective?

How does this apply in your own life?

Thoughts:



Pause 4: Tree Pavilion

Being surrounded by pines is a natural place to think about self-care. Without caring for ourselves, we cannot care for others. This is a refreshing, restorative and pleasant stop.

Location: Class of 1910 Pine Grove directly east of Morrill Hall.

“Every day we engage in a miracle which we don’t often acknowledge– blue sky, white clouds and green leaves. All is a miracle.” -Thich Nhat Hanh.

Sit and bring awareness to the beauty around you.

What draws your attention?
How does it feel to sit and ‘be’ with nature?

Mindful Movement of grounding into nature.

Find a place to stand next to a tree. As you inhale, raise your heels and as you exhale, slowly lower heels. Let your attention go to your feet as you continue this inhale/exhale breath. Take the time to connect with the earth and trees, which are helping you to relax and absorb nature’s nourishing energy.

Thoughts:



Pause 5: Life is a Journey

Our life is a never-ending journey. As you go through life, you build on your experiences, and they become like layers of your life. When you reflect on your past, you can see where you have been. The foundation you have created will influence your present and future.

Location: Gerdin Business Building in the courtyard in the southwest corner.

“No matter how weary or dreary you may feel, you know that, during the day that lies before you, absolutely anything may happen.” -Monica Baldwin

Be aware of anything you see that sparks curiosity.

How have your past experiences influenced what draws your attention?

Using your physical senses of touch and sight, explore the artwork.

What would you name this piece of work and why?

Thoughts:



Pause 6: Moving Water

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

Location: Bridge over the creek east of the Memorial Union, by the parking garage.

“Rivers know this: there is no hurry. We shall get there someday.” -A. A. Milne

Bring your awareness to the water, the light filtering through the trees.

Consider how your day has gone. Is there anything that you would like to release and let float away?

Mindful Movement to increase flow.

Rub your hands together and feel the heat they generate. Place your hands on your heart and feel the warm energy. Gaze at the water running over the rocks, notice your breath and connect with the flow of the water. Release any feelings, emotions or thoughts that no longer serve you.

Thoughts: