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Pick a Pause: Tree Pavilion

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

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Tree Pavilion Pause

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 Benches in a pine grove. Directly east of Morrill Hall

“Yet often the mountain (or the trees) gives itself most completely when I have no destination, when I reach nowhere in particular, but have gone out merely to be with the mountain (or the trees) as one visits a friend with no intention but to be with him.” -Nan Shepherd

Where are there places close to your home or office that can be a refreshing, restorative, pleasant pause when you need a quick break?

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

Thoughts: