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# Pick a Pause: Walking the Path

*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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## Walking the Path Pause

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

*“The privilege of a lifetime is being who you are.” - Joseph Campbell*

Are you at the beginning, middle or end of a current transition in your life?

As you pause in Carver Plaza, think of all the individuals that have walked this path before you. What dreams did they explore?

### Thoughts: