



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

JOURNEY Stroll

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

Our **Journey** to this present moment has included many twists and turns. This Stroll will explore the paths that you have experienced and the lessons you learned. As you begin this Stroll, let go of all your concerns and begin to notice all that is around you. Become aware of what you are seeing, feeling, hearing in this present moment.

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 any stress or 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, 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 on your Journey 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: Traditions

Traditions are a part of our past and our futures. We have family traditions as well as traditions at work and study. Traditions bring an aspect of richness and exploration to everyday events. Explore this space; it is amazing.

Location: Memorial Union north entrance

“How we spend our days is, of course, how we spend our lives.”
-Barry Lopez

Pausing in the Gold Star Hall, consider all the people that have passed through this space. ISU is part of your journey, what traditions have you embraced here?

Notice all that is around you, from the amazing architecture to the people passing by. What do you see that inspires you? What do you hear that causes you to pause?

Thoughts:



Pause 2: Stillness

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

Location: Union Drive, in between Friley and the Memorial Union

“Aim for the sky, but move slowly, enjoying every step along the way. It is all those little steps that make the journey complete.” -Chanda Kochhar

Winter by Lake LaVerne offers a different perspective. Reflect on how this time is different compared to fall or summer. How has your life’s journey changed during the seasons of your life?

Mindful Movement:
As you walk around the lake, notice how your feet connect with the path. Take each step with intention and attention. How does it feel? Is it dry and easy, or is it slippery and challenging?

Thoughts:



Pause 3: Air Spiral

Becoming the “best” was Iowa State’s slogan at the turn of the 21st century. Tucked away among the trees near the Student Services Building, *Air Spiral*, with its sturdy base and twisting forms, suggests a fervent upward spiral to success and can also be thought of as funneling downward. Though life is uncertain, we are reminded that the world keeps spinning.

Location: Outside the Student Services Building

“Nothing ever is, everything is becoming.” -Greek philosopher Heraclitus

Reflect on the quote emblazoned across the spiral as shared above. What does this mean to you and your current journey?

Check in with your senses.
What do you see?
What do you hear?

Thoughts:



Pause 4: Hidden Gems

One aspect of mindfulness is to be present in this moment, to walk with an awareness and intention to what is around us. The mural, *Hidden Gems*, reminds us to walk through life with our eyes and senses open and aware of what we are experiencing right here, right now.

Location: Inside and outside of Morrill Hall



“All journeys have secret destinations of which the traveler is unaware.” –Martin Buber

Hidden gems are often part of a new and uncharted path of life’s journey.
Reflect on a time when the destination was a surprise you did not see coming.

Mindful Movement:
As you approach the painting, pause at different distances and angles.
Take a couple deep breaths, can you imagine being in a garden with these flowers blooming?
What does it feel like?

Thoughts:



Pause 5: Balance of Life

Part of our never-ending journey in life is finding the time to do what we need to do, what we enjoy doing and what we love to do. Sometimes a healthy balance in life is elusive, there is too much to do and not enough time. Being mindful of daily choices can help bring a balance to your life— one that feels right to you.

Location: Inside Kildee Hall

“Not everyone will understand your journey. That’s okay. You’re here to live your life, not to make everyone understand.” -Banksy

Reflect on your journey when you had a healthy balance in your life.
What did it look like?
What did it feel like?
How does it feel now?

As you gaze at the mural, what sights, sounds and experiences do you recall of being outside, perhaps on a farm?

Thoughts:



Pause 6: All the Way Home

There is an old saying that that goes: “It is not the destination, but the experiences along the way that make life worthwhile.” There are many roads that we can take, some seem clear while others are foggy and uncertain. There are ups and downs and even a few potholes along the way. If you stay the course and remain open, often you will find surprises, challenges, excitement, struggles and pure joy. Choose your path and be open to the possibilities.

Location: Inside Curtiss Hall

“To get through even the hardest journey we need only take one step at a time – but we must keep on stepping.” -Chinese proverb

Consider your personal journey right now.
Are you continuing to take one step at a time?
What is one step that you feel you need to take?

Mindful Movement:
Today, slow down during activities.
Eat your meals with awareness—notice each bite.
Enjoy a warm drink.
Slowing down and noticing what is happening will bring you into the present moment and can ease tension.

Thoughts: