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POSSIBILITY Stroll

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

Bringing **Possibility** to this present moment brings the infinite options that we always have and are only limited by our own minds. 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.

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 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 Possibility 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

“I dwell in possibility...” -Emily Dickinson

As you stand in the Gold Star Hall, consider the traditions of the past and the possibilities that those who have walked these halls before today experienced.

Pause and look closely at one of the windows. What do you notice? What symbols do you see and what do they mean for you?

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

“The future belongs to those who see possibilities before they become obvious.”
-John Sculley

While pausing on a bench along Lake LaVerne or strolling around, consider the many possibilities that you have for this moment— right here and right now.

Mindful Movement:

As you approach Lake LaVerne, begin to notice the ground under your feet. Walk with awareness of all that is around you.

When you come to a place to pause, take two breaths. Look to your right and take two breaths, then look to your left and take two breaths. Come back to looking forward and take two more breaths. How do you feel?

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

“When nothing is sure, everything is possible.” -Margaret Drabble

As you pause,
consider the quote
above. What is
possible in your life
right now?

Imagine if this
sculpture would start
to move. What would
it look like, how would
it feel? What would it
remind you of?

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



“Never lose hope, there are always possibilities if you just look for them.” -Catherine Pulsifer

Look at the mural from different angles and distances. What do you notice from these different perspectives? How does this relate to your life?

Mindful Movement:
As you look at the flowers in the mural, can you imagine what they smell like, what the petals feel like, the amazing colors?

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

“We have more possibilities available in each moment than we realize.”

-Thich Nhat Hanh

Consider the balance of your life right now. Do you have the time to do what you love? If so, great! If not, how can you find time next week and do it?

Take a few deep breaths and reflect on the role that agriculture plays in your life.

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

“Hit the reset button. Whatever happened yesterday, forget about it. Get a new perspective. Today is a new day. Fresh start, begins now.” -Germany Kent

Walk across the floor and then go to an upper level and look down. What do you notice from these different perspectives? How does looking at life from different angles give you new perspective?

Mindful Movement:
Walk around the floor slowly. Notice the different colors and designs. What do you see and how does it make you feel?

Thoughts: