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Pick a Pause: Zig Zag 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:

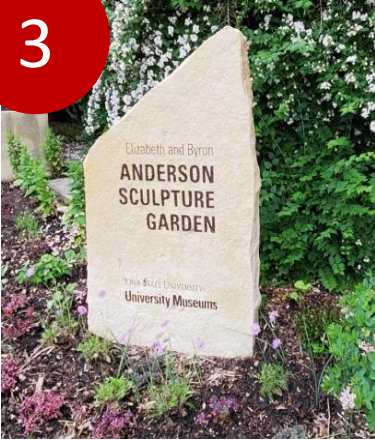
A quote,
reflection, or
question

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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Zig-Zag Path Pause

The zig-zag path is a metaphor for times in our lives when we were not sure where we were going. Unseen changes are a part of life.

Location: Anderson Sculpture Garden between Beardshear and Morrill Halls

"Searching is half the fun. Life is much more manageable when thought of as a scavenger hunt as opposed to a surprise party." -Jimmy Buffet

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. How does this relate to experiences you are having today?

Look around at the art and beauty of this area. What surprises you that you have not noticed before?

Thoughts: