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Pick a Pause

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

Pick a Pause Summer Edition was created for those who do not work close to central campus and for those who want to explore other locations around the ISU campus and Ames community.

Choose one of the locations 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 three deep breaths, noticing and being grateful for the air coming into your body to support you. Breathe out any 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



4-H Building

Envisioned as a “front door” for Extension Services at ISU, the Extension 4-H Youth Building houses the 4-H Youth Programs and the Extension’s Communications Video and Radio Studios. It has an open courtyard on the south side that is a beautiful place to pause while taking a stroll.

Location: North side of campus, 1259 Stange Road

“Make each day your masterpiece.” -John Wooden.

Pausing on the northern side of campus, do you notice a different feel?
Where in your life do you feel peaceful?

Check in with your senses.
What can you see?
What can you hear?
What can you touch?
What can you smell?

Thoughts: