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# Pick a Pause: Moving Water

*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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## Moving Water Pause

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

*Location:* Bridge over College Creek, east of the Memorial Union by the parking garage

*“Trust yourself. You know more than you think you do.” - Benjamin Spock, M.D.*

What are your favorite places, and memories, that are close to lakes or streams?

As you pause on the bridge, check in with your senses.  
What can you see, hear, touch and smell?  
What’s new?

### Thoughts: