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Transition Stroll

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

Transition and change are a part of everyday life. It is how we engage and learn to work with transitions that impact our experience of the present moment and our outlook on the future. Maya Angelou said “If you don’t like something, change it. If you can’t change it, change your attitude.” Simple words, how can they apply to a current situation in your life?

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 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 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 Transition 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: Circle of Life

All our lives are a circle and moving through the circle brings us to an understanding of the different stages of life and the benefits of each stage. All of it is connected.

Location: Fountain of the Four Seasons on the north side of the Memorial Union

“Light precedes every transition. Whether at the end of a tunnel, through a crack in the door or the flash of an idea, it is always there, heralding a new beginning.”

-Teresa Tsalaky

Read the quote above. Are you in the middle of a transition? Where can you see a light? What could be the ‘new beginning’ that is heading your way?

Look around as you pause at the fountain. Using your senses, what do you notice that is changing? The flowers, the trees, the light of the day, the people passing by.

Thoughts:



Pause 2: Walking Path

Walking is a metaphor for a new beginning and leaving past troubles and sorrows behind. Following the path leads to a transition from one thing to the next.

Location: George Washington Carver Plaza between Carver and Beardshear Halls

“Those times of transitions are great opportunities to look for recurring patterns in your life and make adjustments to build on the good and reduce the bad.” -Dan Miller

As you pause in the Plaza today, notice the path that connects the two sides. Think of a time when you transitioned from one part of life to the next. What adjustments did you need to make?

Mindful movement: slow down.

As you pause, take this time to slow down and do one thing at a time— just a little slower than usual. Walk slower.

Drink your tea slower.
You will find that this eases tension and brings you to the present moment.

Thoughts:



Pause 3: Zig-Zag Path

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

Location: Anderson Sculpture Garden next to Morrill Hall

“Change is difficult, but it can be managed when you stay aware of the power of your choices, even if it’s simply your attitude.” -Michael Thomas Sunnarborg

Think of a transition period in your life. Did you start out in one direction and get pulled in a new direction, and then pushed in another? While this experience may seem frustrating, did you still move forward?

As you pause at the Sculpture Garden, wander around the various pieces of art. Choose one that draws your attention. Tuning into your sense of sight, what can you see from different locations and angles around this one piece? How does the world look different and appear to change based on your perspective?

Thoughts:



Pause 4: Tree Pavilion

Being surrounded by pines is a natural place to think about self-care. Without caring for ourselves, we cannot care for others. This is a refreshing, restorative and pleasant stop.

Location: Class of 1910 Pine Grove directly east of Morrill Hall

“Step back in perspective, open your heart and welcome transition into a new phase of life.” -Linda Rawson

Pause and sit on a bench or lean against a tree. Imagine how old these trees are. How many generations of students/staff/faculty have rested beneath these boughs? How many transitions have these trees seen?

Mindful Movement: Feel your breath.

Focus your attention on your breath as you slowly take a deep breath through your nose, then let it out slowly through your nose. Pause for two seconds and repeat. Holding your breath after you exhale helps counteract stress patterns.

Thoughts:



Pause 5: Life is a Journey

Our life is a never-ending journey. As you go through life, you build on your experiences, and they become like layers of your life. When you reflect on your past, you can see where you have been. The foundation you have created will influence your present and future.

Location: Gerdin Business Building in the courtyard on the southwest corner

“The secret of change is to focus all of your energy not on fighting the old, but on building the new!” -Socrates

Reflect on the quote above. How do you engage with change? Do you focus your energy on fighting the old or on building the new? How can you focus more energy on building the new? Embrace what is happening right here, right now.

As you pause here, check in with your senses. Do you hear bird songs or feel the wind blowing? Do you notice any changes that appear to be happening from this vantage point?

Thoughts:



Pause 6: Moving Water

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 the creek east of the Memorial Union, by the parking garage

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” -Maria Robinson.

As you stop at the last pause on the Transition Stroll, reflect on where you are in a current transition. What can you do today that can have a positive influence on a new ending?

Mindful Moment: Close your eyes.

Find a restful place on the bridge or by the water. Look around and then gently close your eyes for about a minute. Now as you open your eyes, what has changed? In as little as 60 seconds, what has transitioned?

Thoughts: