Because of the impact of COVID-19, Fresh Check Day will be experienced virtually in 2020. We hope to return to an in-person mental health fair in 2021! If you would like to learn more about Fresh Check Day please reach out to Counseling@Dartmouth.edu.

**freshcheckday** Self-Care Interactive Events:

*Be entered into a gift card drawing for each Zoom event you attend!*

**Tuesday, May 26, 1:00 p.m. (ET): Walking and Breathing Meditations**
Join Counseling Center psychologist, Dr. Mark Hiatt, as he guides you through a walking medication followed by a breathing meditation.
Zoom link: https://zoom.us/j/93996734806

**Wednesday, May 27, 1:00 p.m. (EST): Create Your Own Origami Crane**
Counseling Center psychiatrist, Dr. Da-Shih Hu, will teach you how to fold an origami crane!
Materials needed: 8.5” x 11” paper (he will show you how to make a square from it) or paper square
Zoom link: https://zoom.us/j/93221079828

**Thursday, May 28, 1:00 p.m. (EST): Intuitive Eating Workshop**
Join Counseling Center dietician, Shira Evans, for this interactive Intuitive Eating Workshop. Intuitive eating is a non-diet nutritional approach that promotes a healthy attitude toward food and body. During this workshop participants will learn about the principles of intuitive eating and be guided through a mindful eating activity.
Materials needed: For the mindful eating activity you will need a few pieces of enjoyable food such as: a handful of M&M’s, a few pieces of dried fruit (raisins, craisins) or a few apple slices.
Registration Link: https://zoom.us/meeting/register/tJMvcumggz0vH9eGLgLxqtdDOnqzckgqyyP
Meeting ID: 972 5085 6553 Meeting Password: 877160

**Zoomcast Premiere!**

**Friday, May 29, Thinks with Shricks Zoomcast**
Thinks with Shricks is a mental health Zoomcast hosted by MK Oakley, PhD and Alex Lenzen, PhD.
First episode topic: Counseling Center FAQ’s with Director, Dr. Heather Earle. Visit dartgo.org/thinkswithshricks to submit questions in advance and to listen to the first episode on Friday.
**Mandala Coloring Contest!**

*Color the mandala*, digitally or by hand, and submit a picture of your finished art to [Counseling@Dartmouth.edu](mailto:Counseling@Dartmouth.edu) by 4 p.m. (ET), Friday, May 29th.

Our staff will pick our favorites and send each winner an Amazon gift card!

- First prize: $50
- Second prize: $25 each

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**Self-Care Scavenger Hunt**

Submit a “photo collage” that includes:

1) your happy place  
2) a healthy meal  
3) a moment of gratitude  
4) something you did for yourself today

Submit your collage to [Counseling@Dartmouth.edu](mailto:Counseling@Dartmouth.edu) by 4 p.m. (ET), Friday 29th.

Our staff will pick three favorites and send each winner an Amazon gift card!

- First prize: $50
- Second: $25 each

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**How Are You Practicing Self-Care During COVID-19?**

Share on Instagram and we’ll send you a mental health kit.

Tag @dartmouthcounseling and #checkinathome

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**Stay at Home Activities:**

Visit a museum, zoo, aquarium or theme park:


Watch Netflix with your friends online. Have a Netflix Party!

[https://www.netflixparty.com/](https://www.netflixparty.com/)

Get active! Do an at-home workout:


Live Stream the Northern Lights!


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**Participating Dartmouth students are eligible for prizes!**

- Each Zoom event will have a $25 Amazon gift card drawing.
- Submit your colored mandala for a chance at winning a $50 or $25 Amazon gift card
- Submit your photo collage for a chance at winning a $50 or $25 Amazon gift card
- Tag your Self-Care activity on Instagram! The first 25 tags will receive a mental health kit