



**freshcheckday®**

Brought to you by the Counseling Center with support from the Class of '77

**Tuesday, May 26 – Friday May 29**

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*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](mailto:Counseling@Dartmouth.edu).*

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## **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 meditation 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/tJMvcumgqz0vH9eGLgLLxqtdDOnqzckgqyyP>

**Meeting ID:** 972 5085 6553

**Meeting Password:** 877160

## **Zoomcast Premiere!**

### **Friday, May 29, *Thinks with Shrinks* Zoomcast**

Thinks with Shrinks 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/thinkswithshrinks](http://dartgo.org/thinkswithshrinks) 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 29<sup>th</sup>.

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

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

## 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 29<sup>th</sup>.

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

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

## 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

### Stay at Home Activities:

Visit a museum, zoo, aquarium or theme park:

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

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

<https://www.netflixparty.com/>

Get active! Do an at-home workout:

<https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>

Live Stream the Northern Lights!

<https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>

### ***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