



Change – It’s All Around Us!

Whether you’re an incoming '23, fresh off an internship, beginning or ending a relationship, or exploring new dimensions of your identity, life’s transitions can feel stressful but also offer tremendous opportunities for growth and development!

Welcome to Hanover, NH!

Comfortably settling into (or back into) a new environment can be both exciting AND challenging.



Turn to others

Social support is one of the best ways to manage life’s changes. Talking with friends, setting up weekly chats with loved ones, connecting with online communities, or opening up with a trusted Dartmouth staff/faculty member can help you understand that you’re **not alone**.

Welcome the challenge

View this time of uncertainty as a time to tap into your **strengths and supports**.

Yes, this is HUGE!

Acknowledge that this is, in fact, a monumental change in your life and that there is **no wrong or right way that you should be feeling**.

Who am I?

Although you may have had a strong image of yourself as an athlete, a musician, a scientist, or the best student at your school in the past, those identities may not feel like the best fit for you any longer.

Feel all the feels

Letting go of an identity can be really hard. **Let yourself grieve this loss**. When you are ready, **embrace activities** that feel authentic to who you are **NOW**.

Reframe any judgmental beliefs

(i.e. “I’m giving up”, “I’m not _____ enough”, “I can’t let this go”) to thoughts that acknowledge this as a time of **growth and exploration**, both of and for yourself.



Not this!

Life can throw us curve balls that we didn’t plan for or even see coming. Practicing self-compassion can help you through breakups, changes in your abilities, and new responsibilities.

Transitioning from an illness? Drop off unused, expired, or unwanted medications in the medication drop box at Dick Hall’s House Pharmacy. For more info:

<https://students.dartmouth.edu/health-service/pharmacy/news>



Be a friend

When you struggle with change, offer yourself the same **kindness and care** you would give a friend. Try to slow down and check-in with how you’re feeling while offering **words of encouragement**.

Recognize...

...that change is inevitable and is part of the shared human experience. **You are not alone** in feeling this way. Journaling can be a nice way to acknowledge and let go of thoughts and feelings that could otherwise seem overwhelming.

Reflect and grow

Use these transitions as a time to **reflect on** what has been, what you have learned, and where you want to go. **Create affirmations** that you can speak to yourself when you are feeling stuck like: “You’re enough”, “You can do hard things,” or simply “You got this”.



Ask for help!

There are lots of helpful resources at Dartmouth when you’re feeling stuck or overwhelmed by life changes. Here are just a few:

Student Wellness Center – Stop by 3rd floor Robo or email Student.Wellness.Center@Dartmouth.edu to schedule time to chat with one of our wellness coaches.

The Counseling Center – Visit the 2nd Floor of Dick’s House or call (603) 646-9442 to schedule an appointment.

Undergraduate Deans Office – Contact your Undergraduate Dean for personal or academic transitions.

Tucker Center – Connect to a confidential, spiritual counselor by emailing Tucker.Center@Dartmouth.edu.

OPAL – Meet with an OPAL Dean to explore themes around culture

The Stall Street Journal
The Student Wellness Center
3rd Floor Robo | 603.646.9414

