

Cultivate Perspective



While we cannot control much of what is happening around us, we always have some agency over how we make sense of and respond to these events. The practices included below can help you establish a perspective that supports your wellbeing.

Experiment with or deepen contemplative practices like meditation, prayer, and mindfulness activities

Mindfulness practices can help us [find calm and nourish resilience](#). In the time of this pandemic, more [free, daily, live guided](#) mindfulness meditation classes are available than ever before and renowned mindfulness teachers like [Tara Brach](#) and [Jack Kornfield](#) are offering lots of resources, ideas, readings, and talks for the public.

The Student Wellness Center offers a variety of [Relaxation Downloads](#) created by Dartmouth students and staff.

The Tucker Center has curated an array of coronavirus [spiritual resources](#) including meditations, prayers, poems, music, podcasts, and more.

Many spiritual and faith-based campus groups have created online communities, and offer virtual opportunities for practice, prayer, study and meditation individually or with others in the wider campus circle. Search locally or stay connected to [your faith community at Dartmouth](#).

Write it out: Journaling

The simple act of putting your experiences into words can relieve stress, help you recognize and understand your emotions, increase your self-awareness, and shift your outlook. [This article](#) offers different possibilities to get you started.

[Gratitude journaling](#) is another practice that has been shown to boost mental health and well-being.

[Mood Meter App](#)* can help you enhance your emotional awareness through tracking your feelings and their triggers. *Email Student.Wellness.Center@Dartmouth.edu if you would like a digital code for a free download.

Reframe your mindset

[The story that you tell yourself](#) about your life has a powerful influence on your beliefs and lived experiences. For instance, your narrative for this term could be one of perseverance through adversity, discovering new depths of resilience, or supporting others in their struggles. You are currently playing a vital part in mitigating the damage of this pandemic. When you practice social distancing, you are saving the lives of friends, neighbors, family, and strangers. Remember that in many ways, remote learning makes you a superhero.