

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 below practices can help you establish a perspective that supports your wellbeing.

Engage Your Mind and Expand Your Perspective

Cultivating your capacity for perspective can start quite literally by opening up to worldviews and ideas other than your own. In addition to connecting with others, try seeking out sources of information that can expand your mind and open you up to new ways of understanding and thinking critically about the events of our time.

A number of organizations have developed resource guides for both the pandemic as well as the movement for racial justice. For instance, The Greater Good Science Center at UC Berkeley has produced collections of information and research-backed practices for both [wellbeing during the coronavirus outbreak](#) and [anti-racist resources for racial justice](#). On campus, many organizations have also developed collections of resources for both of these important topics. At the SWC, we have the guide you're reading as well as our resource guide for [racial justice and wellbeing](#).

Try using these resources as a jumping off place to explore the many different resources that have been developed to help you become a more engaged and compassionate citizen, able to care for yourself and look out for others in your community.

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 to get 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.