

Engage Mindfully



Enabling ourselves to be in the present moment allows our minds to focus on something other than the stress and anxiety that may be dominating our thoughts. Additionally, some moments can transport us into new experiences of connection with something bigger than ourselves. Take notice of the sounds you hear, the sights you see, the sensations your body feels, what you smell & taste, and even taking stock of various emotions you feel.

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

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

On campus, the Student Wellness Center offers a variety of Guided [Audio](#) and [Video](#) Recordings, and also offers different [drop-in sessions](#) where you can practice mindfulness with members of the Dartmouth community.

The Tucker Center has curated an array of spiritual resources for both the [coronavirus](#) and for the [movement toward racial justice](#) 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](#).

Yoga for Calm

Consider yoga being more than a physical exercise, but rather a practice to hone your mindfulness skills (the ability to intentionally pay attention with a kind and curious attitude). Along with [soothing anxious thoughts](#), yoga emphasizes present-moment awareness in body, heart, & mind.

Next time you're stretching it out, try bringing kind-hearted attention to the sensations you feel in your body, thoughts coming and going, and any emotions your heart is carrying. Simply notice it all, without needing to fix or change a thing.

Check out [this site](#) for free yoga classes of all kinds and for all levels. Includes meditations and guided relaxations too! Or check out the [yoga offerings](#) from the SWC at Dartmouth throughout the year.

Manage your Stress and Wash your Hands (Mindfully!)

At this point we all know how follow best practices for reducing our stress and [stopping the spread of germs](#). If singing Happy Birthday twice is getting old you could use up 20 seconds by [washing more mindfully](#).