



Kindness and Connection

We've never needed each other more than right now. Practicing **self-compassion** and extending **kindness** to others can deepen your experiences of joy and community and foster **authentic connections**.

Practice Self-Compassion

Learning to forgive and accept yourself can free you up to be more available to others. The next time you are feeling frustration or disappointment, try these steps:

1. Become more aware of your negative thoughts and emotions. What is happening for you in this moment?
2. Recognize that these kinds of experiences and reactions are part of being human. Everyone goes through them at some point. Remember: you are not supposed to be perfect, you are supposed to be you.
3. Check your self-talk. Notice how and what you say to yourself and rewrite these internal scripts to sound more like how you would speak to a best friend in the same situation.

More about Self-Compassion:



Extend Kindness to Others

Building relationships grounded in cooperation and trust is good for everyone's wellbeing, and can foster community in a time of deep divisiveness.

1. Turn “them” into “us” – Instead of categorizing others as “us” or “them,” try the “Just Like Me” practice from the link below and consider the following ways to expand your circle of connections.
2. Extend loving-kindness – Try some guided examples of this long-standing practice of sending loving-kindness to yourself and others via the link below!
3. Make time for others – Our busyness makes it hard to connect with each other. Carve out space in your schedule to step back from productivity and get some uninterrupted time with the people that matter most.

Mindful approaches to connection:



Get To Know Your Student Wellness Center

Remember that at Dartmouth, you're never on your own. Please reach out if you need support, and learn more about the SWC Resources available to you through our **Virtual Student Wellness Center**



Student Wellness Center
3rd Floor ROBO
603 646 9414
designed by SamMilo23

