

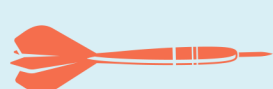
# Fall into connection

Reflection  
Intention  
Action  
Connection

The SWC encourages a process of reflecting on your **experiences, forming authentic connections, creating intentions for how you want to be living,** and taking action to move toward greater well-being in your life. This Fall, we're focusing on connection.

*"Every person is a world to explore."*  
- Thich Nhat Hanh

There is no greater influence on wellbeing than the **quality of your relationships.** Maintaining friendships helps bring **greater life satisfaction, buffers you against stress, and even contributes to your physical health.** Prioritize connections this fall to care for yourself and others, and together we will build a caring Dartmouth community.



## connecting the darts

### Relationships take time to build:

- Strong connections aren't forged overnight. Forming a close friendship with someone can take as much as **200 hours!**
- Prioritize your connections by taking the time to schedule relationship commitments into your calendar. Giving someone your undivided attention will help you establish and deepen your connection.

### Quality over quantity:

- Cultivating a few close and deeper relationships sustains wellbeing more than a high number of shallow acquaintances.
- Be intentional about interacting with others and you'll both leave feeling better.
- Over time these low-stakes interactions have the potential to blossom into authentic friendships.

### Get unlonely by focusing on others:

- Studies show that when you communicate your support for others and make time to be there for people in your life, this fosters belonging and helps combat loneliness.
- Take steps toward meaningful relationships through regular shared activities like meals, studying, student orgs, yoga classes, outdoor programs, and more!

## Connect with the SWC this fall!

Whether this is your first term on campus or your 5th "on" term in a row, we're here for you. Bring a friend to a mindfulness drop-in or a yoga class. Gain skills for supporting others through the Student Support Network or the Mental Health Union peer support training. And talk things out as you navigate all these new connections in a wellness check-in with a member of our team!

Looking for 1:1 support?



scan to schedule a wellness check-in!



The Student Wellness Center  
3rd Floor ROBO  
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The Stall Street Journal  
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