

Joy & Playfulness

Hey Dartmouth! Welcome to Summer!

Summer is a precious time here! The days stretch out and opportunities abound for connecting with others. Take advantage of this special season by creating shared experiences of joy with playfulness!

MAKE SPACE FOR JOY

The potential for joy is an intrinsic part of our minds. We're hardwired to feel it. It is a primal sense that tells us in a moment that life is good. And it exists within you, right now, ready to be released.

- 1 Let Go of Self-Judgment** – Comparing ourselves to others can steal our joy. Instead of getting stuck in artificial, self-imposed standards, trust that you are enough, just as you are. Accepting yourself can open the door to a joyful life, and experiences of joy reinforce self-acceptance!
- 2 Embrace Appreciation** – As you go about your day, try to notice and bring your attention to the moments that have the capacity to gladden your heart. Enjoy the bliss that comes with taking in the good.
- 3 Deepen your understanding of joy** with these reflections, on your own or with others:



RECLAIM PLAYFULNESS

One sign of joy is seeing and joining in playful experiences on campus. Experiences of play create perspective shifts that help us temporarily let go of our “to do lists” and become more creative and present in the moment.

- 1 Enjoy Intentionally** - Each day, try to find a moment of playfulness - something free from pressure of performing that you do simply because you want to - and savor those moments of freedom.
- 2 Explore the many “playful” activities available through Dartmouth** - Don't be afraid to try something new!



Say “Yes!” to Unexpected Opportunities!
Take people up on offers to share a cup of coffee, a favorite snack, a walk or a swim, creative endeavors, disc golf, spontaneous dancing or singing, S'mores and star gazing at night...

Summer at the SWC

Our team is here and ready to support you in finding your joy and unleashing it through playfulness. Learn more about the SWC and what we have going on this summer here:



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