

SWC Resources for Post-Acute COVID Syndrome (PACS)

Mindfulness & Breathwork

Opportunities to learn breath and mindfulness practices that may help the system with fatigue, breath dysregulation, concentration, focus, and the anxiety and frustration that can result from the unpredictability of PACS.

- **Mindfulness Drop Ins:** *Tuesdays, 12:30-1:00 pm EST; Tucker Meditation Room (201 N Fairbanks) or [Zoom](#)*
- **Mindfulness Minis:** *Fridays, 2:00-2:10pm, [Zoom](#)*
- **Guided [Audio](#) and [Video](#) Mindfulness recordings**

[Yoga & Mindful Movement](#)

All-levels movement-based practices that may mitigate muscle and joint pain associated with PACS.

- **Balance Yoga Class:** Mondays, 5:30pm-6:30pm; Tucker Meditation Room (201 N. Fairbanks), Please register in advance.
- **QiGong Mindful Movement & Stillness Class:** Thursdays, 5:00-5:45pm, Tucker Meditation Room (201 N. Fairbanks), Please register in advance
- **[Yoga Recordings](#)** of 5 to 55 minute practices available 24-7

[Wellness Check-Ins](#)

A chance to talk with a trained listener who can provide a source of non-judgmental support around the variety of emotional challenges that may result from dealing with PACS and college life in general.

[Sexual Violence Prevention Project \(SVPP\) Extensions/Accommodations](#)

If students are having difficulty completing their required SVPP workshops/trainings for personal reasons, including PACS, and need additional time and/or an accommodation, they can contact SVPP@Dartmouth.edu to make arrangements.

The [Student Wellness Center](#) on the third floor of Robinson Hall offers a massage chair, sun lamps, and peaceful setting, which students may use to help relieve symptoms, physical pain, or stress resulting from their condition. Open to all students from 8:30am-4:30pm Monday-Friday.

MEDIQUICK Table, Class of '53 Dining Commons, Tuesdays, 12:00pm-1:30pm

Student Wellness Center and Health Service staff provide self-care supplies and information on wellbeing, mindfulness, health, scheduling appointments and answers to common questions

