

Mindful May at Dartmouth:

Take Action to Improve Your Mental Wellbeing & Your Community

Additional offerings will be added soon!

MONDAY 4/28	TUESDAY 4/29	WEDNESDAY 4/30	THURSDAY 5/1	FRIDAY 5/2
<p>Mindful May Baker Tower Bell Challenge: <i>Every time the bells chime, take a mindful pause.</i></p>	<p>Enroll in Headspace, the mindfulness and meditation app (it's free!)</p>	<p>Wednesday Mindfulness Practice Group 8 – 9 AM <i>(pre-registration required)</i></p>	<p>Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)</p>	<p>Courageous Self-Care in Social Justice</p> <p><i>Stay tuned for mindfulness-based resources to support social justice efforts...</i></p>
<p>4-Week Mindfulness Basics for Staff and Faculty <i>Details coming soon!</i></p>	<p>Mindful Music Share songs that bring you back to the present moment and remind you of mindfulness—add it to our community playlist!</p>	<p>Restorative Yoga 7:30-8:30 PM The “Cube”</p>	<p>Deep Relaxation Meditation (iRest) & Reflective Journaling 4:30-5:15 PM Rollins Chapel</p>	
MONDAY 5/5	TUESDAY 5/6	WEDNESDAY 5/7	THURSDAY 5/8	FRIDAY 5/9
<p>Monday Morning Meditation 8 – 8:45 AM Rollins Chapel</p>	<p>Sprout & Scribble Reflective Journaling 9 - 10 AM Fahey Commons <i>(registration opening soon)</i></p>	<p>Wednesday Mindfulness Practice Group 8 – 9 AM <i>(pre-registration required)</i></p>	<p>Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)</p>	<p>Mindful of Media</p> <p><i>Stay tuned for ideas to support healthy practices around media consumption...</i></p>
<p>Mindfulness in the Library 4:30 – 5 PM Berry Library 178B/Zoom</p>	<p>Mindful Photography 12:15 - 1:15 PM Berry 183 (RWIT) <i>(registration opening soon)</i></p>	<p>Digital Mindfulness: Taking Control of Your Device & Screen Time Webinar 12 – 1 PM <i>(open to staff & faculty only; pre-registration required)</i></p>	<p>Intro to Primary Care Webinar hosted by Dr. Loring from One Medical 12 – 1 PM <i>(open to staff & faculty only; registration opening soon)</i></p>	
	<p>Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation</p>	<p>Mindful Nature Walk at Pine Park with Outdoor Programs 3 – 4:30 PM Robinson Hall <i>(transportation will be provided from Robinson Hall to Occom Pond)</i></p>	<p>Deep Relaxation Meditation (iRest) & Reflective Journaling 4:30-5:15 PM Rollins Chapel</p>	
		<p>Restorative Yoga 7:30-8:30 PM The “Cube”</p>		

MONDAY 5/12	TUESDAY 5/13	WEDNESDAY 5/14	THURSDAY 5/15	FRIDAY 5/16
<p>Monday Morning Meditation 8 – 8:45 AM Rollins Chapel</p>	<p>Sprout & Scribble Reflective Journaling 9 - 10 AM Fahey Commons <i>(registration opening soon)</i></p>	<p>Wednesday Mindfulness Practice Group 8 – 9 AM <i>(pre-registration required)</i></p>	<p>Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)</p>	<p>Mindful Compassion Series</p> <p><i>Stay tuned for resources for cultivating greater compassion for yourself and others ...</i></p>
<p>Pulse MOVE IT Challenge <i>(registration opening soon; faculty/staff Pulse participants only)</i></p>	<p>Mindful Photography 12:15 - 1:15 PM Berry 183 (RWIT) <i>(registration opening soon)</i></p>	<p>Happiness: A Key to Life's Satisfaction Webinar 12 - 1 PM <i>(open to faculty/staff only; pre-registration required)</i></p>		
<p>Mindfulness in the Library 4:30 – 5 PM Berry Library 178B/Zoom</p>	<p>Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation Room</p>	<p>Mindful Nature Walk at Pine Park with Outdoor Programs 3 – 4:30 PM Robinson Hall <i>(transportation will be provided from Robinson Hall to Occom Pond)</i></p>	<p>Headspace Live Workshop: Navigating Burnout with Boundaries and Self-Care 12 PM & 8 PM</p>	
		<p>Restorative Yoga 7:30-8:30 PM The “Cube”</p>	<p>Deep Relaxation Meditation (iRest) & Reflective Journaling 4:30-5:15 PM Rollins Chapel</p>	
MONDAY 5/19	TUESDAY 5/20	WEDNESDAY 5/21	THURSDAY 5/22	FRIDAY 5/23
<p>Monday Morning Meditation 8 – 8:45 AM Rollins Chapel</p>	<p>Sprout & Scribble Reflective Journaling 9 - 10 AM Fahey Commons <i>(registration opening soon)</i></p>	<p>Wednesday Mindfulness Practice Group 8 – 9 AM <i>(pre-registration required)</i></p>	<p>Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)</p>	<p>Mindful of Food</p> <p><i>Stay tuned for ideas around nurturing a healthy relationship to food and the body through a mindful approach to eating, cooking, and sustainability...</i></p>
<p>Mindfulness in the Library 4:30 – 5 PM Berry Library 178B/Zoom</p>	<p>Mindful Photography 12:15 - 1:15 PM Berry 183 (RWIT) <i>(registration opening soon)</i></p>	<p>Live Virtual Meditation with Headspace: World Meditation Day 12 PM <i>(pre-registration required)</i></p>	<p>Deep Relaxation Meditation (iRest) & Reflective Journaling 4:30-5:15 PM Tucker Meditation Room</p>	

MONDAY 5/26	TUESDAY 5/27	WEDNESDAY 5/28	THURSDAY 5/29	FRIDAY 5/30			
	<p>Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation Room</p>	<p>Mindful Nature Walk at Pine Park with Outdoor Programs 3 – 4:30 PM Robinson Hall <i>(transportation will be provided from Robinson Hall to Occom Pond)</i></p> <p>Restorative Yoga 7:30-8:30 PM The “Cube”</p>					
<p>MEMORIAL DAY HOLIDAY</p> <p>Mindfully consider active and veteran military personnel who are serving or have served in the U.S. Armed Forces.</p> <p>Mindful Me Time: Do something that supports your wellbeing today</p>	<p>Sprout & Scribble Reflective Journaling 9 - 10 AM Fahey Commons <i>(registration opening soon)</i></p>	<p>Wednesday Mindfulness Practice Group for Faculty & Staff 8 – 9 AM <i>(pre-registration required)</i></p>	<p>Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)</p>	<p>Mindful Music</p> <p><i>Stay tuned for the release of our community playlist...</i></p>			
<p>Campus Community Mindful Walk 12:15 - 12:45 PM Meet at the flagpoles on the Green <i>(rain or shine)</i></p>	<p>Mindful Nature Walk at Pine Park with Outdoor Programs 3 – 4:30 PM Robinson Hall <i>(transportation will be provided from Robinson Hall to Occom Pond)</i></p>			<p>Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation Room</p>	<p>Restorative Yoga 7:30-8:30 PM The “Cube”</p>	<p>Deep Relaxation Meditation (iRest) & Reflective Journaling 4:30-5:15 PM Rollins Chapel</p>	

Presented by Mindful Dartmouth with support from [Wellness at Dartmouth](#) and the [Student Wellness Center](#).

Additional Resources to Support Your Mental Well-being Include:



[Faculty/Employee Assistance Program](#): 844.216.8308

[Dartmouth Counseling Center](#) for students: 603.646.9442

Uhelp Crisis Line (Uwill) for students: 833.646.1526 [National](#)

[Suicide Prevention Lifeline](#): Call or text 988

