



Resources for Racial Justice & Wellbeing

Our wellness center team is actively working to better understand the connection between systemic racism and wellness inequities. We are examining our own work with a critical lens and are committed to offering an anti-racist articulation of wellbeing for Dartmouth. Below are resources, grouped according to our wellbeing pathways, to empower all members of our community in developing perspectives, awareness, connections, and actions that help to create fulfilling, meaningful lives.

PATHWAY 1 - CULTIVATING PERSPECTIVE

Developing capacities for reflection and reframing to make sense of the events and experiences that we encounter in life

- [Talking About Race](#)
A comprehensive resource guide that begins with personal reflection
- [An Anti-Racist Reading List](#)
Ibram X. Kendi's recommendations for learning about race and racism in the US
(note: this article was published in the New York Times - [access is available](#) through the Dartmouth Library)

PATHWAY 2 - ENGAGING MINDFULLY

Cultivating capacities for awareness of self and others to be more fully present in all areas of our lives

- [How Your Mindfulness Practice Can Support the World Right Now](#)
Mindful practices for resilience, connection, and communication
- [Healing in the Face of Cultural Trauma](#)
A toolkit from the Community Healing Network and the Association of Black Psychologists
- [Managing Difficult Emotions](#)
A guide for helping you be energized rather than drained by emotions

PATHWAY 3 - CONNECTING AUTHENTICALLY

Forming genuine relationships grounded in respect and appreciation and contributing to a caring community

- [Justice in June](#)
A one month daily plan for those committed to allyhood with the Black community
- [Talking With Relatives Who Hold Different Views](#)
A guide for engaging in dialogue with others in a way that can preserve relationships
- [Bridging Differences Playbook](#)
Research-based strategies to promote positive dialogue and understanding

PATHWAY 4 - ACTING INTENTIONALLY

Choosing courses of action that are aligned with our values, our preferences, and our needs for wellbeing and happiness

- [Turning Awareness into Action](#)
A guided meditation to help you translate your insights into intentions
- [Self-Care Tips for Black Students](#)
A guide to support your wellbeing in the midst of struggle and suffering
- [Surviving and Resisting Hate](#)
A one-page toolkit for students of color

PATHWAY 5 – LIVING MEANINGFULLY

Constructing lives that bring a sense of fulfillment through the development of capacities for meaning and purpose. A meaningful life is one that feels is closely connected with your unique identities and your ability to positive impact on others and the world around you.

- [Greater Good's Anti-Racist Resource List](#)
A collection of resources on race and racism from the Greater Good Science Center
- [Being Anti-Racist](#)
Resources for purposefully addressing and challenging systemic inequity and racism

ADDITIONAL RESOURCES FOR HEALING AND LEARNING AT DARTMOUTH

- [Counseling Center Statement and Resources](#)
- [Dartmouth Library Research Guide: Anti-Racism Resources](#)
- [Office of Institutional Diversity and Equity Resource Guide](#)
- [Tucker Center Spiritual and Faith-Based Resources on Racial Justice and Anti-Racism](#)
- [The Hood Museum of Art](#)

[Black Lives Matter.](#)

In solidarity,
The Student Wellness Center Team

