

Resources & Works Cited

Introduction/Overview

[Dartmouth Student Wellness Center](#)

[Dartmouth SWC Team](#)

Cultivate Perspective

[Guide to Well-being during the Coronavirus](#) (The Greater Good Science Center at UC Berkeley)

[Anti-Racist Resources](#) (The Greater Good Science Center at UC Berkeley)

[Racial Justice & Wellbeing Guide](#) (Dartmouth SWC)

[How to Begin Journaling for Stress Relief](#) (PsychCentral)

[Gratitude Journal](#) (Greater Good in Action)

[Mood Meter App](#) (Yale Center for Emotional Intelligence)

[Is the World an Exciting or Terrifying Place?](#) (Washington Post)

Connect Authentically

[The Center for Nonviolent Communication](#)

[Learning during COVID-19 for families](#) (Cornell University)

[How does nature impact our wellbeing?](#) and [Bring nature indoors](#) (The University of Minnesota)

[Dartmouth Zoom](#)

[How to prevent loneliness in a time of social distancing](#) (Scientific American)

[Try these smart tips to stay connected to the people you don't see everyday](#) (Thrive Global)

[How to be together apart in the time of coronavirus](#) (The New York Times)

Engage Mindfully

[Find Calm & Nourish Resilience During the COVID Outbreak](#) (Mindful.org)

[Live Meditation Sessions](#) (The Insight Meditation Community of Washington DC)

[Meditation Resources](#) (Tara Brach)

[Pandemic Resources](#) (Jack Kornfield)

[Guided Audio Recordings](#) (Dartmouth SWC)

[Guided Video Recordings](#) (Dartmouth SWC)

[Mindfulness Drop-In Sessions](#) (Dartmouth SWC)

[Coronavirus Spiritual Resources](#) (Tucker Center - Dartmouth College)

[Racial Justice Resources](#) (Tucker Center - Dartmouth College)

[How Yoga Can Help Soothe Anxiety](#) (Kripalu)

[Free Yoga Classes](#) (Do Yoga with Me)

[Coping with stress during the 2019-nCoV outbreak](#) (World Health Organization)

[Stop the Spread of Germs](#) (Centers for Disease Control & Prevention)

[Have You Ever Really Washed Your Hands](#) (Mindful 15 Podcast)

Act Intentionally

[Daily Schedule Template](#) (Dartmouth College)

[Getting the most out of remote learning](#) (Harvard University)

[Learning During COVID-19](#) (Cornell University)

[How to Start a Mandala Practice \(Free Downloadable Coloring Book!\)](#) (Kripalu)

[The Peace of Wild Things](#) (Wendell Berry)

[The Hood Collection of Visual Art](#) (Dartmouth College)

[Refresh Sleep Improvement Program](#) (Dartmouth College)

[eCheckUp to Go \(Alcohol\)](#) (Dartmouth College)

[eCheckUp to Go \(Marijuana\)](#) (Dartmouth College)

[Dartmouth College Health Service](#)

Live Meaningfully

[Six ways to discover and choose your core values](#) (Psychology Today)

[VIA Strengths Survey](#) (VIA Institute on Character)

[Science-Based Practices for a Meaningful Life](#) (The Greater Good Science Center at UC Berkeley)

[TED Talk: There's more to life than being happy](#) (Emily Esfahani Smith)

[TED Talk: Meaning in life, the deep end of flourishing](#) (Michael Steger)

[What's your pillar? quiz](#) (Emily Esfahani Smith)

[Wellness Check-Ins](#) (Dartmouth College SWC)