

# Strength in Self

**Welcome to Fall Term!!!** This year represents a fresh opportunity to take further steps toward creating the life you truly want. Our SWC team invites you to reflect on where you have been, where you're at now, and what you need to move forward with resilience and belief in yourself.

## First Things First

It can feel daunting to take ownership of your life. As you begin, recognize that:

- There is no "right" way to do life (or Dartmouth), but there's probably a way of doing life that is more right for YOU. Make choices that align with who you are and what matters most to you.
- It can be hard to step out onto your own path. Try to notice when external influences pull you away from what you want and see how it leaves you feeling. Remember that you can always change course.
- Establishing an intention can help. Spend some time envisioning what you want. Once you have a short list, find a way to explore these options through lived experience. And when you get some clarity, allow this vision to pull you forward toward the life you want.

## Explore Your Strengths

You possess tremendous capacities for realizing the life you desire right now. Identifying and drawing upon your strengths can help you use these personal resources more effectively.

- 1 Consider an area of your life where you are faced with adversity at times.** It could be as a student, as a friend or partner, or in a relationship with a family member.
- 2 Take stock of what you actually do well in this area of your life.** Are you proactive? Considerate? A good listener? Kind? Make a list of all the positive qualities you bring to this challenge.
- 3 Search your list for signs of strengths,** and see how you might draw upon them more intentionally in other parts of your life.

## Shift Your Idea of Stress

Try the following to establish a new relationship with your stressors and challenges.

- **Cultivate Confidence** – Think of all the times in the past you have overcome challenging situations. Remind yourself that you can do hard things.
- **Practice Self-Compassion** – Everyone struggles at times. When things get tough, use kindness to pick yourself up rather than getting down on yourself. Treat yourself as you would a best friend!

*Want to explore your strengths further? Try this free survey (and if you want, schedule a wellness check-in at the SWC to talk through your results)*



## Get to know your Wellbeing Resources

The Division of Student Affairs is here and ready to support you as you navigate this new year. Learn more about all that we have to offer here:



**The Stall Street Journal**

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