

Spring into Action

REFLECTION
CONNECTION
INTENTION
ACTION

The SWC encourages a process of reflecting on your experiences, forming authentic connections, creating intentions for how you want to be living, and taking action to move toward greater well-being in your life. This Spring, we're focusing on intentional action.

"Once there is seeing, there must be acting. Otherwise, what's the use of seeing?"

– Thich Nhat Hanh

When you recognize that each day brings opportunities to become a better version of yourself, it can be motivating to find steps you can take to do so, no matter how small. In fact, small steps are most often **the source of big changes.**



step by step

Consider your intention.

What do you wish to see more or less of in your life?

Acknowledge any progress you have made towards this already.

You may find you're already several steps along in your journey toward this intention.

Identify one next step (however small!) and make a plan to do it!

Cycle back to reflection.

After each intentional action you take, set aside a few minutes to reflect on how things went. Treat any shortfalls as important lessons learned, and more importantly celebrate any successes! Be the coach you need, encouraging yourself onward and learning as you go so that you can build on each step you take and grow into the life you want to be living!

move your intentions into action



I want to...

Be more proactive with academics

Connect authentically with others

Hone my leadership skills

Create a caring community

Try...

Scheduling distraction free blocks of time to help you focus and progress toward your goals.

Socializing sober (substances can dampen our ability to be fully present with people around us).

Speaking up any time you hear derogatory comments or language.

Checking and stepping in when you see anyone feeling uncomfortable at a party, having a hard day, or struggling in some way.

surround yourself with support

You don't have to go it alone. Sometimes, an **external perspective** can help us see what's working and where we have opportunities for change. Think about the people in your life who genuinely want to see you thrive. Be there for them and let them be there for you.

You can also try one of the many campus resources that exist to help you do well and be well. Check out an introductory list with some brief descriptions by clicking this QR code:



Student Wellness Center
3rd Floor ROBO
603 646 9414

The Stall Street Journal
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