



Flexibility and Resilience

When we are **adaptable** and **flexible**, we can bend without breaking, transforming adversity into **opportunity** and finding that we are **resilient** in ways we never imagined.

Cultivate Your Perspective

Take a break from screen time and try this instead:

Check in with Yourself

Breathe deeply. **Let go** of judgment and simply notice what you're thinking and feeling.

Go Deeper

Reflect on your thoughts and feelings through journaling, drawing, and conversations with people you trust.

Retrain Your Brain

Reframe the thoughts that hold you back into new ways of thinking that **empower** you to start creating the life you want to live. Not sure how to do this? Talk it out in a wellness check-in.



Get To Know Your Dartmouth Resources

You don't have to navigate the transitions of this term on your own. Learn more about the resources **at Dartmouth and beyond!**



Focus On What You CAN Do

Get creative! Flex your expectations and ingenuity!

Move Your Body

Find new ways to be active, from bodyweight workouts and yoga in your room to exploring outdoor spaces on campus. Connect activity with other parts of your life by creating movement-inspiring playlists and stretching while studying or watching a show.

Connect with Others

Use this term as a time to **build relationships** through small group activities (following Dartmouth's guidelines) like gaming, knitting, or even a 'distanced picnic' (keeping 6 feet from each other). Share your **gratitude** and **love** with others through personal letters, emails, and conversations.

Want More Ideas?

Check out our COVID Coping Guide for wellbeing inspiration by using the QR code below!

