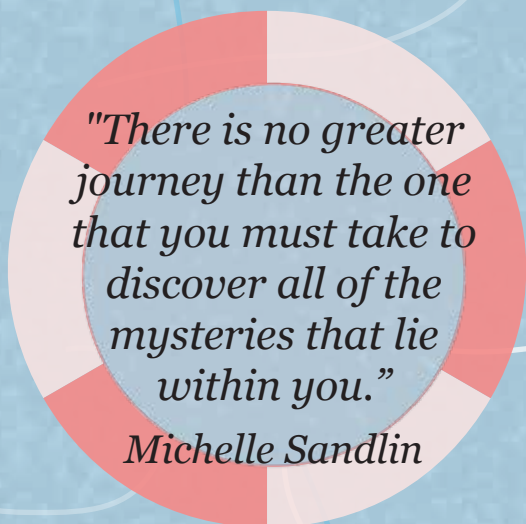


SUMMER OF REFLECTION

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 wellbeing in your life. This summer, we're focusing on reflection.

This term, instead of buying into the constant pressure to prepare, produce, and perform, carve out moments to pause, check-in with yourself, and simply be. We are, after all, human *BE*-ings, not human *DO*-ings. And cultivating self-awareness can help you reduce your need for external validation, as it helps you realize you're already enough, just as you are.



SUMMER OBJECTIVE: GET REFLECTIVE

- 01 Start big picture by reflecting on what you want this term:**
How do you want to feel this summer? What is one thing you want to make consistent time for?
- 02 Build reflective moments into your schedule:**
Make checking in with yourself as consistent as brushing your teeth - a small thing you do to preserve your wellbeing over time. Experiment with timing: start your day with a contemplative moment, pause between afternoon commitments, and take a few minutes for yourself before you fall asleep. Once you know what works for you, add it to your schedule to make it a consistent practice!
- 03 Mix up how you reflect to keep it interesting:**
Try different reflective practices and see how they feel. Need some ideas to get you started? Challenge yourself to a little *Reflection BINGO*:

REFLECTION BINGO

BASICS	Check-Ins	Nature Walks	Gratitude Journaling	Other Practices
Schedule a BASICS session as a way to reflect on your relationship with alcohol.	Share whatever is on your mind with an SWC staff member in a wellness check-in.	Slow yourself down and explore the natural spaces on and around campus. Take in your surroundings.	Write down three things each day that you're grateful for. Want a journal? Get one for free at the SWC!	Challenge yourself to come up with your own approach. Find something that works? Share it with us!

REFLECTING OUT LOUD

Share your thoughts and feelings with the people you trust and notice how their perspectives shed new light on your understanding. Reflecting together can foster stronger feelings of connection and friendship.

You can also schedule a wellness check-in with our SWC staff. We're here for you!



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