

Virtual Wellbeing Event Week

June 1 – 7

There are a variety of ways to support your well-being this week! Each day focuses on a different dimension of wellbeing and includes live and pre-recorded offerings, fitness classes, activities as well as additional resources and educational information. Pick and choose what interests you most!

	MONDAY 6/1	TUESDAY 6/2	WEDNESDAY 6/3	THURSDAY 6/4	FRIDAY 6/5	SATURDAY 6/6	SUNDAY 6/7
THEME:	<i>Environmental</i>	<i>Physical</i>	<i>Financial</i>	<i>Emotional</i>	<i>Social</i>	<i>Intellectual</i>	<i>Spiritual</i>
	being aware of the interactions between the environment, community and ourselves; recognizing the impact your environment (residential space, school, town, etc.) has on you as well as the impact you have on your environment. <u>Engage Mindfully</u>	caring for your body to allow for optimal health and functioning, including making intentional choices with respect to alcohol and other drugs, nutrition, illness prevention, physical activity and movement, sexual health, sleep, stress management, and safety <u>Act Intentionally</u>	developing skills for managing resources as well as an understanding of the process of sustaining ourselves financially for the short- and long-term.	being aware of and able to navigate a wide range of emotions in a constructive, supportive way and having the tools and resources to navigate life's ups and downs <u>Cultivate Perspective</u>	enjoying strong personal connections with others, managing interpersonal conflict effectively, and connecting with your community and the people around you <u>Connect Authentically</u>	being open to new ideas, thinking critically, and seeking out new challenges. It is being creative, curious, and engaging in ongoing learning inside and outside the classroom	making meaning of life events, having and understanding your purpose, and being compassionate towards yourself and others. <u>Live Meaningfully</u>
ACCESS ANYTIME	<u>Make Your Home Workspace More Joyful</u> Get outside if you can or bring <u>Nature Indoors</u> <u>How to Make a Face Mask (no sew video)</u> <u>Using Social Media for Positive Change</u> <u>Loving-Kindness Meditation</u>	<u>What to Eat to Prevent Chronic Illness</u> featuring Dr. David Katz <u>Virtual Trekking Tuesday</u> Get outside and take a walk/skate/bike ride/roll! Snap a picture and tag @dartmouthswc on Insta <u>Ease into Sleep Yoga Sequence</u>	Explore <u>Better Money Habits</u> for answers to lots of financial questions including savings, budgeting, and credit. Try out a <u>new app</u> to manage your finances.	<u>Kripalu's Stress Resilience Training (RISE) Webinar</u> Expand your emotional intelligence and build resilience by practicing how to <u>Label Your Feelings</u> Or work through some struggles with this <u>RAIN Meditation</u>	Send a <u>Virtual Gratitude Card</u> to a family member, friend, or mentor! Check out these ideas for <u>Fostering Connection</u> Take a break from screen time by signing up with the new <u>Pine Pals</u> program! <u>Just Like Me Meditation</u>	<u>Studying for exams?</u> Check out the Academic Skills Center's Learning Resources including <u>Test and Exam Tips</u> ; <u>Study Skills Blog</u> ; <u>E-Guide to Academic Success</u> <u>Visual Art Meditation</u> Take a study break to meditate on a piece from the Hood.	<u>The Tucker Center</u> has a robust offering of spiritual practices to explore today and every day. Take the <u>VIA Character Strengths</u> survey or explore your <u>Values</u> to gain insight into the things that matter most to you. <u>Yoga Nidra: A peaceful and relaxing Yogic sleep meditation</u>
LIVE ACTIVITIES How are you supporting your wellbeing this week? Follow us on our new Insta (@dartmouthswc) and use our story templates to share your wellbeing practices!		7:30 – 8:30 AM: <u>Morning Flow Yoga</u>		8am-9am: <u>Morning Mindfulness Group</u>	7:30 – 8:30 AM: <u>Morning Flow Yoga</u>		
	12-1 PM: <u>Gentle Yoga</u>	12-1 PM: <u>Torso Fitness</u>	12-1 PM: <u>Gentle Yoga</u>	12-1 PM: <u>Torso Fitness</u>			
	4:30-4:40: 10 min <u>Mindfulness Pop Up</u> a mindful moment in nature (<u>Recording here</u>)	4:30-5:30 PM: <u>Yoga for Stress Relief</u>	5:00 <u>STOP & RAIN Mindfulness Break</u>	4:30 – 5:30 PM: <u>Restore & Renew Yoga</u>	3:30-4 PM: <u>Virtual Tea with OPAL</u> 3:30 - 4 PM: <u>Mindfulness Meditation</u> 4 - 4:30 PM: <u>Real Talk</u> Have a social moment by chatting about life with others!		
	5:30 – 6:30 PM: <u>DartFIT</u>	5 – 6 PM: <u>Zumba</u>	5:30 – 6:30 PM: <u>DartFIT</u>	5 – 6 PM: <u>Zumba</u>	5:30 – 6:30 PM: <u>DartFIT</u>		
	7:30-8:30 PM: <u>Student Mindfulness Group</u>		7:30-8:30 PM: <u>Student Mindfulness Group</u>	7:30-8:30 PM: <u>Student Mindfulness Group</u>		7:30-8:30 PM: <u>Student Mindfulness Group</u>	7:30-8:30 PM: <u>Student Mindfulness Group</u>

RESOURCE SPOTLIGHT:	The <u>Outdoors Programs Office</u> has some great COVID recommendations for getting outside.	Nurses at <u>Dick's House</u> can answer your health questions 24-7 during the term!	Get up to speed on your <u>Financial Aid</u> options.	Check out the <u>Counseling Center</u> including their new <u>Thinks with Shrinks</u> Zoomcast Schedule a <u>Wellness Check In</u> with the SWC	Try out one of the virtual offerings from the Dartmouth groups you have previously socialized with whether it's through the <u>House System</u> , <u>COSO</u> , <u>OPAL</u> , <u>NAP</u> , or other areas of campus.	Want more? Check out special virtual access to the <u>top museums</u> in the world! Or enjoy virtual performance art with <u>Hop@Home</u> <u>Connect with your Undergraduate Dean for academic guidance</u>	Check out the <u>Center for Professional Development</u> resources to help you adjust to any changes in your career plans, and the <u>Center for Social Impact</u> to explore opportunities to positively impact others.
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