

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams



T.H.R.I.V.E.
Through the Holidays

T Manage your TIME well

H Ask for HELP

R Take time to REST

I IGNORE picture-perfect ideals

V Remember what you VALUE most

E ENJOY the moment

SMART TIPS



While the holidays can be a time of celebration and joy for many, it also can be a period of stress, sadness, and loneliness for others—and sometimes can be particularly difficult for people living with mental health and substance use conditions.

A survey* conducted by the National Alliance on Mental Illness (NAMI) found that 64 percent of individuals living with a mental illness reported that their conditions worsened around the holidays.

Below are strategies to help you find moments of joy amidst the hustle and bustle this holiday season:

1. Pay attention to your feelings
2. Develop a plan for when you are feeling stressed, sad, or lonely
3. Practice self-care
4. Connect with community
5. Support others
6. Recognize seasonal mood changes

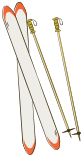
YOU ARE NOT ALONE. HERE'S HOW TO SEEK HELP

RESOURCES




- Geisel Counseling: Free and confidential- 603-653-0045
- DCHS Counseling - Call (603) 646-9442 to make an appointment, free and confidential
- The Tucker Center- Spiritual & Religious support
- WISE- Call 866-348-WISE; support for domestic violence, sexual assault & gender-based violence
- Veterans - Dial 988, then press 1; <https://www.veteranscrisisline.net/> The text message contact remains the same with 838255
- National Suicide Prevention Lifeline: <https://988lifeline.org/>
- UWill- free and confidential for all students

GET ACTIVE



Winter Programming: Student Affairs and the Outdoor Programs Office



Want to learn how to snow-shoe, cross-country ski or ice skate with a group of friends?

Interested in a gift certificate to a local outdoor goods shop?

Would you like to help plan these activities for your class?

Get in touch with Kate.e.adams@dartmouth.edu to make it happen!

WELLNESS WORDS

“The holiday season is about love!
Share it. Spread it. Live it.”
-Amy Leigh Mercree