

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams

YOUR HOLIDAY SEASON REMINDERS:

NORMAL LOOKS DIFFERENT FOR EVERYONE

IT'S OK TO NOT FEEL MERRY & BRIGHT ALL OF THE TIME

BOUNDARIES ARE YOUR FRIEND

AIM FOR SELF-KINDNESS, NOT PERFECTION

@SHINETEXT

GET ACTIVE

Winter Programming:

Student Affairs and the Outdoor Program 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

" Let's give ourselves and each other permission to spend less, do less and stress less throughout the Holidays so we can enjoy the real gifts of the Season.

-Unknown

SMART TIPS

How to Reduce Holiday Stress

High expectations, financial difficulties, and increased social demands or lack of family & friends can make this an overwhelming time of year. Check out these strategies for helping holiday stress management.

- Limit your commitments & don't overload your schedule
- Get as much sunlight as possible
- Avoid unrealistic expectations
- Consider alternative gifts or give homemade items if money

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