

# GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams

## Nine Types of Rest

- 1 time away
- 2 permission to not be helpful
- 3 something "unproductive"
- 4 connection to art and nature
- 5 solitude to recharge
- 6 a break from responsibility
- 7 stillness to decompress
- 8 safe space
- 9 alone time at home



<https://dartgo.org/f23-grad-mindfulness>



## GET ACTIVE

### Mindfulness Program!

### Half Day Retreat

for Grad and Professional School  
Students

A free, half-day immersion into  
mindfulness. No experience necessary.

\*Dinner is included

Wed, Oct 18 at 5:30pm

The Cube (House Center B)

## WELLNESS WORDS

"It takes courage to say yes to rest & play  
in a culture where exhaustion is seen as  
a status symbol"

-Brene brown

## SMART TIPS

### Feeling Overwhelmed & Tired?

Fall is busy time for most people, and  
some things we over-extend ourselves.

What can we do to help? REST!

There are so many ways to rest and it  
can look different for everyone. Rest  
is any behavior aimed at increasing  
physical or mental  
well-being.

Start by finding a relaxation  
technique that works for you. This  
could be meditating, practicing yoga,  
walking outside, listening to music,  
reading a book, taking a bath or any  
combination of these things.

When planning out your daily  
routine, find a consistent time to rest.

## 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