

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams

THINK SMALL

Now think small. The big dream will have to be broken down into small steps. Small steps will keep the big dream manageable without overwhelming you.



Tips to keep your resolutions

COMMIT YOURSELF

Accountability is the single most crucial incentive for action. Create a commitment device for yourself.



ONE STEP AT A TIME

An easy way to get to the big dream is to focus on one small step at a time. A small habit change will lead to a bigger change over time.



CELEBRATE SMALL WINS

Don't wait to celebrate till you've crossed the finish line. Encourage yourself to keep at it by observing a win each time you complete a step.



TEAM EFFORT COUNTS

Share your goals with friends and family members. Often, we fail because our environment, which our family and friends dictate, isn't conducive to keeping our resolutions.



SMART TIPS

New Year, New You?!

A landmark 1988 study out of the University of Scranton found that while 77 percent of people who committed to a New Year's resolution stuck to it for a week, only 19 percent of those who made resolutions kept them two years later.

New Year's resolutions involve *habits*, either forming new beneficial habits or quitting bad habits, and habits are complicated.

Habits aren't just there, but you get them by repetition and reinforcement," explains Dr. Nicole Calakos, M.D., Ph.D. and Associate Professor of Neurology and Neurobiology at Duke University Medical Center. "

The *repetition* part is obvious, because a habit means regularly doing something, and the more you do it, the conditions are ripe that will make you prone to have a habit.

GET ACTIVE

Winter Programming: Free XC Ski at Oak Hill!

Oak Hill Outdoors Center is offering FREE trail passes and cross-country ski rentals to all students, including graduate students this season.

"A group of generous donors has contributed funds to allow all Dartmouth students (undergraduate and graduate) to use the trails without charge for the upcoming season."

Get in touch with Kate.e.adams@dartmouth.edu with any questions.

WELLNESS WORDS

January Reminders:

- You can do anything, but not everything at the same time
- You don't have to figure everything out
- Restart as many times as needed

Oak Hill
Outdoor
Center



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