

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams

5 Tips for Tick Safety

1

AVOID

Avoid heavily wooded areas and brushing up against leaves and tall grasses. Hike in the center of trails.

2

PROTECT

Wear long clothing that covers the skin and light colored clothes that ticks are easily spotted against.

3

REPEL

Use a Center for Disease Control (CDC) approved insect repellent. Lemon Eucalyptus products are effective.

4

CHECK

Do a thorough check for ticks especially in easy to miss areas such as behind the knees, ears, hair. Follow up with a shower.

5

REMOVE

Remove ticks with tweezers close to skin. Dispose of the tick, such as flushing down toilet. Tumble clothes in hot dryer for 10 mins.

SMART TIPS

Stay Safe, Help Out & Have Fun
Outdoors this Spring!

STAY SAFE:

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September). Know which ticks are most common in your area. Don't forget your sunscreen!

HELP OUT:

Whether at home or school, the way you dispose the items you buy and the food you eat affects your carbon footprint. A carbon footprint is a measurement of the carbon dioxide (CO₂) you produce, according to an article by howstuffworks.com. Go here for some EASY tips to help reduce your



HAVE FUN:

First EVER Springtime Spectacular on Allen Street in Hanover! Fri, April 19 and on Sat, April 20, a springtime event w/ entertainment and activities. Attend the Dartmouth Department of Music's New Music Festival, pet some baby lambs, participate in a spring make and take, and enjoy additional live music performances!

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

10 Tips to Reduce Your Carbon Footprint



Hanover Parks and Recreation



GET ACTIVE

Mental Health First Aid Training

A FREE Mental Health training where you will learn tips & tools for recognizing and discussing common mental health concerns such as depression and substance use disorder.

Date: Sat, May 4, 2024 (8:30am- 3pm w/ breaks)

Sign up here!



Training details:

<https://www.thenationalcouncil.org/our-work/mental-health-first-aid/>

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

WELLNESS WORDS

“May the flowers remind us
why the rain was so necessary”

-Xan Oku