

# GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams

## SMART TIPS

**Imposter Syndrome**  
Doubting why you're here?  
Help is available for you!

- CBT Elective -- "...intervention strategies such as cognitive behavioral therapy (CBT) may be effective in reducing psychological distress in medical students who exhibit maladaptive perfectionism. from 2021 study linked here
- Geisel Counseling -- free, confidential, here just for you!
- Student Life, Erin (Case Manager) & Kate (Wellness Coordinator) will point you to the right resources.

## 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

### IMPOSTER SYNDROME SAYS



I don't belong here



### INNATE WORTH SAYS



You belong everywhere always.

My voice doesn't matter



The world needs your unique voice.

My (blank) isn't amazing enough to share



Your (blank) might be exactly what someone needs.

Everything has been done already



You are allowed to add yourself to the pile.

I'm not good enough/  
cool enough/  
(blank) enough



You are always enough and your fear doesn't change that.

## GET ACTIVE



### Geisel Yoga!



Geisel Yoga starts in September, sign up for the list serv to keep up-to-date by emailing [Kate.E.Adams@dartmouth.edu](mailto:Kate.E.Adams@dartmouth.edu).

### Important Ask!

Are you a yoga teacher that would be interested in participating in Geisel Yoga?! Email [Kate.E.Adams@dartmouth.edu](mailto:Kate.E.Adams@dartmouth.edu). I'd love to hear from you!

## WELLNESS WORDS

"Your value doesn't decrease based on someone's inability to see your worth"

-Unknown