

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams



GET ACTIVE

Geisel Yoga List Serv

Officially starting next week, October 18. Sign up for the list serv to keep up-to-date on the various Yoga happenings by emailing Kate.E.Adams@dartmouth.edu.

Important Ask! Are you a yoga teacher that would be interested in participating in Geisel Yoga?!

Email Kate

WELLNESS WORDS

“Be gentle with yourself, you’re doing the best you can” -Unknown

SMART TIPS

October 10th: World Mental Health Day

It's World Mental Health Day, let's all come together to talk about mental health and show everyone that mental health matters. Talking about our mental health can help us cope better with life's ups and downs.

Here a few simple actions you can take today

- Check In With Yourself
- Express Gratitude
- Participate in Mindfulness Activities
- Check out resources below



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