

# GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams



## GET ACTIVE

### Geisel Yoga Class - Nov 13

Come unwind and experience mental relaxation to help regulate the nervous system and help cope with any post-election anxiety.

Wednesday, Nov 13, 4-4:45PM

Remsen 3 Student Lounge

Please bring your own mat!

Email

Kate.E.Adams@dartmouth.edu  
with any questions.

## WELLNESS WORDS

“Instead of worrying about what you cannot control, shift your energy to what you can create.” -Roy T. Bennett

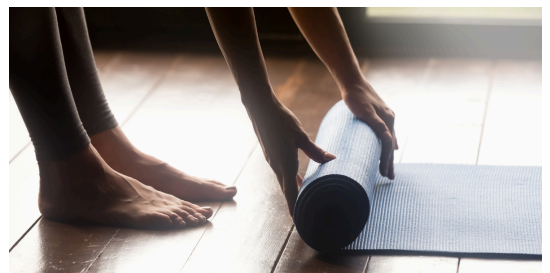
## SMART TIPS

### Post-Election Listening Circle at Remsen

Political and societal uncertainty, coupled with constant exposure to violence, can lead to a cascade of emotions like anxiety & frustration,

Here are some tips for coping:

- Accept that it is **ok not to feel ok**.
- **Acknowledge** your feelings.
- Manage your news consumption: **Avoid overloading yourself with negativity**, especially at the beginning or end of your day.
- Focus on **self-care**.
- Focus on **what's in your control**.



## 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