

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams



SMART TIPS

Mental Health around the Holidays

According to the American Psychological Association, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse.

Recognize that you don't need to force yourself to be happy and that it's good to acknowledge feelings that aren't joyful; remember that you are not alone in feeling this way.

Avoid numbing or avoiding feelings by using alcohol or other substances, which worsen anxiety and depression. If possible, surround yourself with people who feel similarly; celebrate your traditions or create new ones.

GET ACTIVE



Sign up by going here for

the Tue, Dec 17th free class.

Email

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with any questions.

WELLNESS WORDS

“Taking care of yourself during the Holidays is never selfish. If you put yourself last, others will likely follow” - Unknown

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