

GEISEL WELLNESS

Monthly Wellness Email Newsletter curated by Kate Adams

Actions for Managing Cold Temps

- DRESS APPROPRIATELY



Layers, mittens and hats to prevent heat loss. Stay dry and change immediately if you do get wet. Cold weather gear and warm layers are available for rent at no cost at the Outdoor Programs Rentals.

- SOCIALIZE RESPONSIBLY



Alcohol causes the body to lose heat at an accelerated, don't forget to drink warm tea, hot cocoa, or cider too! Use a buddy system and make sure no one walks home alone at night, especially after going to a party or drinking.

- BE AWARE OF YOUR SURROUNDINGS

Limit your time outdoors or go inside regularly to warm up. Do not attempt to enter the Connecticut River, Occom Pond, or other bodies of water. Explore outdoor activities safely with Winter Fun Days, the skating rink on the Green, cross-country trails, and other activities in designated areas.



GET ACTIVE

Winter Wellness Gathering

Come connect, unwind and relax with your Geisel peers in the Remsen Student Lounge.

PENDING DATE: Feb 7, lunchtime

Want to collaborate with Student Life? Email Kate.E.Adams@dartmouth.edu.

WELLNESS WORDS

“Winter reminds us that everyone, and everything, needs some quiet time.”

~Katrina Mayer

SMART TIPS



Cold Weather ALERT:

Stay Warm & Safe



Early next week, we are expecting extremely cold temperatures with lows possibly below zero degrees overnight. Hypothermia and frostbite are real concerns in those conditions. A dangerously cold wind chill could cause frostbite on exposed skin in as few as 10 minutes.

Please keep yourself and your friends safe by taking the following actions for managing the cold temperatures:



You can find more information on Dartmouth's Office of Emergency Management's page about Winter Storms and Extreme Cold and the National Weather Service's Cold Weather Safety.



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