

Mindful May at Dartmouth

Click on each offering to learn more and to register!

MONDAY 4/28	TUESDAY 4/29	WEDNESDAY 4/30	THURSDAY 5/1	FRIDAY 5/2
<p>Mindful May Baker Tower Bell Challenge: <i>Every time the bells chime, take a mindful pause.</i></p>	<p>Enroll in Headspace, the mindfulness and meditation app (it's free!)</p>	<p>Wednesday Mindfulness Practice Group 8 – 9 AM Virtual</p>	<p>Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)</p>	<p>Courageous Self-Care in Social Justice</p> <p>Watch: Nelson Mandela's Speech on Apartheid to European Parliament</p> <p>Read: Four Ways Self-Compassion Can Help You Fight for Social Justice</p> <p>Listen: Planting Seeds for the Future, Ruth King, Real Mindful podcast</p>
<p>Mindful May Intro to Mindfulness (Zoom) 6:30-7:45pm (4-week course; must attend all sessions)</p>	<p>ALL MONTH LONG Mindful Music</p> <p>What songs remind you to be mindful, invite you to reflect, and bring you back to the present moment?</p> <p>During the month of May, you are invited to add your favorite track to Dartmouth's Mindful Music playlist on Spotify! We'll share the full playlist and some extra special content at the end of May!</p> <p>SUBMIT YOUR SONG</p>	<p>ALL MONTH LONG The Hood Museum presents MAKE SPACE: In Bloom <i>Head mindfully to the Hood and create your own art at this one-of-a-kind creation station!</i></p>	<p>ALL MONTH LONG Mindful Nature Reflections 📍 Occom Pond <i>Take a walk around the pond reflecting with Mindful Nature signs.</i></p>	<p>Sunday, 5/4 Forest Therapy Walk 11 AM - 12:30 PM Pine Park</p>
MONDAY 5/5	TUESDAY 5/6	WEDNESDAY 5/7	THURSDAY 5/8	FRIDAY 5/9
<p>Monday Morning Meditation 8 – 8:45 AM Rollins Chapel</p>	<p>Sprout & Scribble Reflective Journaling 9 - 10 AM Fahey Commons</p>	<p>Wednesday Mindfulness Practice Group 8 – 9 AM Virtual</p>	<p>Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)</p>	<p>Mindful of Media</p> <p>Watch: Is Social Media Hurting Your Mental Health?</p> <p>Read: Interview with Sharon Salzberg, The Power of Compassion</p>

Mindfulness in the Library 4:30 – 5 PM Berry Library 178B/Zoom	Mindful Photography 12:15 - 1:15 PM Berry 183 (RWIT) <i>(3-week course; WE credit available, please attend all sessions)</i>	Digital Mindfulness: Taking Control of Your Device & Screen Time Webinar 12 – 1 PM Virtual <i>(open to staff & faculty only)</i>	Tired of Healthcare? Here's How Primary Care Can Help Webinar 12 – 1 PM Virtual <i>(open to staff & faculty only)</i>	
	Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation	Mindful Nature Walk at Pine Park with Outdoor Programs 3 – 4:30 PM Robinson Hall	Deep Relaxation Meditation (iRest) & Reflective Journaling 4:30-5:15 PM Rollins Chapel	
		Restorative Yoga 7:30-8:30 PM The “Cube”		
MONDAY 5/12	TUESDAY 5/13	WEDNESDAY 5/14	THURSDAY 5/15	FRIDAY 5/16
Monday Morning Meditation 8 – 8:45 AM Rollins Chapel	Sprout & Scribble Reflective Journaling 9 - 10 AM Fahey Commons	Wednesday Mindfulness Practice Group 8 – 9 AM Virtual	Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)	Mindful Compassion Series Watch: Transform Your Mind, Change the World Listen: How to Listen with Compassion
Mindfulness in the Library 4:30 – 5 PM Berry Library 178B/Zoom	One Medical at Dartmouth Spring Info Table 12 - 1 PM Baker 213 <i>(staff/faculty only)</i>	Happiness: A Key to Life's Satisfaction Webinar 12 - 1 PM Virtual <i>(open to faculty/staff only)</i>		

	Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation Room	Restorative Yoga 7:30-8:30 PM The “Cube”	Deep Relaxation Meditation (iRest) & Reflective Journaling 4:30-5:15 PM Rollins Chapel	
MONDAY 5/19	TUESDAY 5/20	WEDNESDAY 5/21	THURSDAY 5/22	FRIDAY 5/23
Monday Morning Meditation 8 – 8:45 AM Rollins Chapel	Sprout & Scribble Reflective Journaling 9 - 10 AM Fahey Commons	Wednesday Mindfulness Practice Group 8 – 9 AM Virtual	Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)	Mindful of Food Watch: The Seven Practices of Mindful Eating Listen: Mindful Eating with Natasha Lantz Practice: Try the Student Wellness Center’s S.A.V.O.R. practice
Mindfulness in the Library 4:30 – 5 PM Berry Library 178B/Zoom		Campus Community Mindful Walk 12:15 - 12:45 PM The Green	Live Virtual Meditation with Headspace: World Meditation Day 12 PM Virtual	
	Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation Room	Mindful Nature Walk at Pine Park with Outdoor Programs 3 – 4:30 PM Robinson Hall		
			Restorative Yoga 7:30-8:30 PM The “Cube”	

			Tucker Meditation Room	
MONDAY 5/26	TUESDAY 5/27	WEDNESDAY 5/28	THURSDAY 5/29	FRIDAY 5/30
MEMORIAL DAY HOLIDAY Mindfully consider active and veteran military personnel who are serving or have served in the U.S. Armed Forces. Mindful Me Time: Do something that supports your wellbeing today	Sprout & Scribble Reflective Journaling 9 - 10 AM Fahey Commons	Wednesday Mindfulness Practice Group for Faculty & Staff 8 – 9 AM Virtual	Wake Up Yoga 8:30 - 9 AM Berry 183 (RWIT)	Mindful Music Listen & Reflect: 1. What specific songs remind you to be mindful? They may have “mind, brain, head” in the title or they may have a certain mindful feeling to them. 2. What is your “go to” song when you need to ground yourself, focus, and/or chill out?
	Campus Community Mindful Walk 12:15 - 12:45 PM The Green	Mindful Nature Walk at Pine Park with Outdoor Programs 3 – 4:30 PM Robinson Hall	Headspace: Mindful Money Webinar 12:30 - 1:15 PM Virtual	
	Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation Room	Restorative Yoga 7:30-8:30 PM The “Cube”	Deep Relaxation Meditation (iRest) & Reflective Journaling 4:30-5:15 PM Rollins Chapel	

Presented by Mindful Dartmouth with support from [Wellness at Dartmouth](#) and the [Student Wellness Center](#).



Additional Resources to Support Your Mental Well-being Include:

[Faculty/Employee Assistance Program](#): 844.216.8308

[Dartmouth Counseling Center](#) for students: 603.646.9442

Uhelp Crisis Line (Uwill) for students: 833.646.1526

[National Suicide Prevention Lifeline](#): Call or text 988