

Mindful May at Dartmouth:

Take Action to Improve Your Mental Wellbeing & Your Community

MONDAY 4/29	TUESDAY 4/30	WEDNESDAY 5/1	THURSDAY 5/2	FRIDAY 5/3
<p>4-Week Mindfulness Basics for Staff and Faculty Mondays Apr 29 - May 20 12 – 1 PM Berry Library 183B/Zoom <i>(pre-registration required)</i></p>	<p>Enroll in Headspace, the mindfulness and meditation app (it's free!)</p>	<p>Meditation Sickness Lecture 4 PM Filene Auditorium</p>	<p>Mindful Movement: Enjoying Movement Your Way Webinar 12:30-1PM <i>(pre-registration required)</i></p>	<p>Mindfully Engaging with LGBTQIA+ Topics Article: Mindful Ways of Using Personal Pronouns and Inclusive Language Guided Practice: Meditation on the Colors of the Pride Flag</p>
			<p>Deep Relaxation Meditation (iRest) & Reflective Journaling 5-5:45 PM Rollins Chapel</p>	<p>A Brunch in Bloom: Gardening for the Senses Sunday, May 5 11 - 12:30 PM The Cube</p>
MONDAY 5/6	TUESDAY 5/7	WEDNESDAY 5/8	THURSDAY 5/9	FRIDAY 5/10
<p>Monday Morning Meditation 8 – 8:45 AM Rollins Chapel</p>	<p>Mindful Movement: Campus Walk 12:15 - 12:45 PM Meet at the flagpoles on the Green <i>(Rain or shine; Pulse participants receive 100 points!)</i></p>	<p>Wednesday Mindfulness Practice Group 8 – 9 AM <i>(pre-registration required)</i></p>	<p>Intro to Headspace Recorded Webinar <i>(Use passcode: 2K#sB!cG)</i></p>	<p>Being Mindful of Race and Racism Podcast: Mindfulness for Working Against Racism - Rhonda Magee Article: How Mindfulness Can Defeat Racial Bias Guided Practices: Meditation for Healing Racial Trauma Meditation for Cultivating an Anti-Racist Mindset</p>
<p>Mindfulness in the Library 4:30 – 5 PM Berry Library 178B/Zoom</p>	<p>Mindful Movement: Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation</p> <p>Mindful Eating: Intuitive Eating Workshop Workshop: 6-7 PM Q&A: 7-8 PM <i>(students only, pre-registration required)</i> Room</p>	<p>Languishing, Flourishing, and Your Mental Health Webinar 12 – 1 PM <i>(open to faculty/staff only; pre-registration required)</i></p> <p>Mindful Money: How to Make the Most of Your Retirement Savings Webinar 12 – 1 PM <i>(open to faculty/staff only; pre-registration required)</i></p>	<p>Deep Relaxation Meditation (iRest) & Reflective Journaling 5-5:45 PM Rollins Chapel</p>	

MONDAY 5/13	TUESDAY 5/14	WEDNESDAY 5/15	THURSDAY 5/16	FRIDAY 5/17
<p>Monday Morning Meditation 8 – 8:45 AM Rollins Chapel</p>	<p>Mindful Movement: Campus Walk 12:15 - 12:45 PM Meet at the flagpoles on the Green <i>(Rain or shine; Pulse participants receive 100 points!)</i></p>	<p><u>Wednesday Mindfulness Practice Group</u> 8 – 9 AM <i>(pre-registration required)</i></p>	<p>Headspace Virtual Live Workshop: The Journey to Healing— A Mental Health Roundtable <u>12 PM & 8 PM</u> <i>(pre-registration required)</i></p>	<p>Cultivating a Mindful Relationship with Food and Body</p> <p>Guided Practice: <u>Compassionate Body Scan</u></p> <p>Article: <u>Body Image as a Mindfulness Practice</u></p>
<p>Mindful Movement: <u>MOVE IT: Step It Up to a Better You Challenge</u> Begins Today <i>(Faculty/Staff Pulse participants only)</i></p>	<p>Mindful Movement: <u>Yoga for EveryBODY</u> 4:30-5:30 PM Tucker Meditation Room</p>	<p><u>Avoiding Burnout: Self-Assessment Methods and Strategies for Self-Care Webinar</u> 12 - 1 PM <i>(open to faculty/staff only; pre-registration required)</i></p>	<p><u>One Medical at Dartmouth Primary Care Practice Open House</u> 3 – 6 PM 7 Allen Street <i>(open to staff, faculty & their adult dependents enrolled in Dartmouth medical plan only)</i></p>	
<p><u>Mindfulness in the Library</u> 4:30 – 5 PM Berry Library 178B/Zoom</p>	<p><u>Mindful Movement: Yoga for EveryBODY</u> 4:30-5:30 PM Tucker Meditation Room</p>	<p><u>Deep Relaxation Meditation (iRest) & Reflective Journaling</u> 5-5:45 PM Rollins Chapel</p>		
MONDAY 5/20	TUESDAY 5/21	WEDNESDAY 5/22	THURSDAY 5/23	FRIDAY 5/24
<p>Monday Morning Meditation 8 – 8:45 AM Rollins Chapel</p>	<p>Mindful Movement: Campus Walk 12:15 - 12:45 PM Meet at the flagpoles on the Green <i>(Rain or shine; Pulse participants receive 100 points!)</i></p>	<p><u>Wednesday Mindfulness Practice Group</u> 8 – 9 AM <i>(pre-registration required)</i></p>	<p><u>Calming Everyday Anxiety Webinar hosted by Headspace</u> 12:30 - 1 PM <i>(pre-registration required)</i></p>	<p>Being Mindful of the Earth</p> <p>Article & Practice: <u>Meditation for Coping with Climate Anxiety</u></p> <p>Article: <u>Eco-Anxiety: Read Thich Nhat Hans Surprising Advice</u></p> <p>Practice Guide: <u>Two Mindfulness Practices to Connect with Nature</u></p>
<p><u>Mindfulness in the Library</u> 4:30 – 5 PM Berry Library 178B/Zoom</p>	<p><u>World Meditation Day: Live Virtual Meditation with Headspace</u> 12 – 12:30 PM <i>(pre-registration required / join <u>Headspace</u>)</i></p>	<p><u>Shutting Down at the End of the Work Day Webinar</u> 12-12:30PM <i>(pre-registration required)</i></p>	<p><u>Deep Relaxation Meditation (iRest) & Reflective Journaling</u> 5-5:45 PM Rollins Chapel</p>	
<p><u>Evening Mindfulness Retreat</u> 5 – 8:30 PM The Cube (House Center B) <i>pre-registration required</i></p>	<p><u>Mindful Movement: Yoga for EveryBODY</u> 4:30-5:30 PM Tucker Meditation Room</p>			

MONDAY 5/27	TUESDAY 5/28	WEDNESDAY 5/29	THURSDAY 5/30	FRIDAY 5/31
<p>MEMORIAL DAY HOLIDAY</p> <p>Mindfully consider U.S. military personnel who died while serving in the U.S. Armed Forces</p> <p>Mindful Me Time: Do something that supports your wellbeing today</p>	<p>Mindful Movement: Campus Walk 12:15 - 12:45 PM Meet at the flagpoles on the Green (<i>Rain or shine</i>) Receive a free reusable water bottle or t-shirt!</p>	<p>Wednesday Mindfulness Practice Group for Faculty & Staff 8 – 9 AM (<i>pre-registration required</i>)</p>	<p>Faculty/Employee Assistance Program Overview with Guided Mindfulness Activity (virtual) 12-12:30 PM (<i>faculty/staff only; pre-registration required</i>)</p>	<p>Reconnecting to Joy with Mindful Play</p> <p>Practice: Mindful Coloring Book Print, Color, and Be Present</p>
	<p>Mindful Movement: Yoga for EveryBODY 4:30-5:30 PM Tucker Meditation Room</p>	<p>Mindful Eating: Eating to Support Your Best You Webinar 12-12:30 PM (<i>pre-registration required</i>)</p>	<p>Deep Relaxation Meditation (iRest) & Reflective Journaling 5-5:45 PM Rollins Chapel</p>	<p>Practice: Mindfulness Retreat Music Playlist Play, Listen and Savor</p> <p>Article: The Power of Play, from <i>Mindful</i></p>

Mindful May is brought to you by [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