

DAY OF CARING

- OCTOBER 21 -

We encourage you to do whatever feels right for you on this day, whether it's joining a walk around Occom Pond, finding out about wellness resources, gathering on the Green for lunch and a chat, or spending time on your own for private reflection. Ultimately, the Day of Caring is a day for you.

8-8:05 A.M. | Baker Library, Reiss Hall

Setting Intentions

8-8:45 A.M. | Baker Library, Reiss Hall

Coffee & Thoughts

9-9:45 A.M. | Berry Library, Room 176

Yoga for Everybody

9-9:45 A.M. | Carson L01 & Virtual

Faculty & Staff Mental Health Training

9-9:45 A.M. | Meet Up in Reiss Hall

Walk & Talk

10-10:45 A.M. | DCAL (Baker 102) & Virtual

Live Virtual Meditation by Headspace

Berry Main Street
Painting Rocks

East Reading Room
Low Stimulation Space

Reading Room, Rauner Library
Days of Caring exhibit

10-10:45 A.M. | Moore Hall, Filene Auditorium

Do More By Doing Less

10-10:45 A.M. | 1902 Room

Session on Grief

11-11:45 A.M. | Filene Auditorium

JED Initiative Community Panel

11-11:45 A.M. | DCAL (Baker 102)

Resources for Faculty & Staff

11-11:45 A.M. | Carson L01

Navigating the Network of Care: Resources for Students

12-1 P.M. | Reiss Hall, DHMC Borwell 383, & Zimmermann Lounge

Community Lunch

All Day Activities

Berry Main Street
Gratitude Space

Berry Main Street
Planting Succulents

Virtual
Day of Caring Yoga Sequence

12-3 P.M. | Collis Common Ground

Barn Babies

1:15-2 P.M. | Berry Library, Room 176

Yoga for Everybody

1:15-2 P.M. | Meet Up in Reiss Hall

Walk & Talk

1:15-2 P.M. | Sanborn 102

Intro to Mindfulness & Guided Relaxation Session

1:15-2 P.M. | Sanborn Library

Tea with the Tucker Center

2:15-3 P.M. | Reiss Hall

Dessert

Novack Patio
Play Space

Virtual
Yoga Nidra Session