

# DAY OF CARING

OCTOBER 21

If you are off-campus or working remotely, we invite you to take part in the virtual Day of Caring. You can join in a live hybrid program that is happening simultaneously on-campus or explore other online options that are accessible anytime.

9-9:45am

## **Faculty and Staff Mental Health Training**

Participate in a training session to help you promote mental health and wellness throughout the campus community.

All Day

## **Progressive Muscle Relaxation Activity**

A short guided progressive muscle relaxation activity.

All Day

## **Grief Meditations by Headspace**

Access a variety of videos and virtual meditations related to grief.

All Day

## **Mental Health Awareness Toolkit for Faculty and Staff**

Access tips, on-demand trainings, interactive quizzes, and more related to your mental health.

Please note: Only available to faculty/staff as this is hosted by GuidanceResources, our Faculty/Employee Assistance Program partner.

10-10:45am

## **Live Virtual Meditation by Headspace**

Participate in a virtual meditation session, plus learn more about what mindfulness is, and how the free Headspace app can help support your well-being.

All Day

## **Guided Imagery Relaxation at the Beach Activity**

A short 10-minute guided relaxation at the beach activity.

All Day

## **Rest and Rejuvenate Meditation**

In this restful sleep-like meditation, known as a yoga nidra, participants will be invited to lie down, get comfortable, and simply listen to the words of the meditation. Yoga philosophy states that 30 minutes of yoga nidra practice is equivalent to getting 3-4 hours of sleep.

11-11:45am

## **JED Initiative Community Panel**

Hear from the co-leads of Dartmouth's undergraduate and graduate committee and a Jed Foundation representative on the partnership's progress.

All Day

## **Day of Caring Yoga Sequence**

This yoga sequence is all about cultivating care through present-moment awareness, deep breathing, and letting be. Through forward folds and gentle upper back bends, we explore how to find deep release by softening and letting go.

All Day

## **Mental Wellbeing for Students Online Resource**

Gain skills and learn about resources that support your own mental health and those of others. Undergraduate students can access the course through their Foundry Everfi dashboard. Graduate students can request access by emailing Dawn.E.Gillis@dartmouth.edu and Student.Wellness.Center@dartmouth.edu