

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