

Flourishing at Dartmouth: A Week for Renewal & Growth for faculty & staff

May 17-21

Living through the additional stressors of a pandemic presents plenty of challenges to our ability to flourish, which is why this week we invite all staff, faculty, and students to celebrate the opportunity for new beginnings! Join us in a week of wellbeing with virtual activities and resources to help you **be intentional, find your flow, experience moments of mindfulness, move your body, connect with others, and find opportunities** to live life to the fullest and feel your best.



Live Virtual Event (pre-registration may be required)



Info Snack



Sprinkles of Self-Care

Monday 5/17	Tuesday 5/18	Wednesday 5/19	Thursday 5/20	Friday 5/21
Pulse Participants: Join the MOVE IT: Mindful Exploration Challenge that begins today!	Morning Slow Flow 7:00-8:00am (pre-registration required!)	Mindfulness Group for Faculty and Staff 8:00-9:00am (pre-registration required!)	Using Kindness to Achieve Personal Success & Happiness On-Demand Training	Connecting Mind & Body for Healthy Living On-Demand Training
Fitting in Fitness & Quick Core 12:30-1:00pm (pre-registration required!)	Get Ready to Garden 12:15-12:45pm (pre-registration required!)	Coping with Uncertainty 12:00 – 1pm (pre-registration required!)	Meal Planning 101 12:00-12:30pm (pre-registration required!)	Full Body Home Workout 12:15pm-12:45pm (pre-registration required!)
Play Self-Care Bingo!	Get outside for at least 20 minutes today.	Gentle Yoga 12:00-1:00pm (pre-registration required!)	Listen to a Guided Relaxation or a Progressive Muscle Relaxation	Connect with a friend or family member – call, zoom, or meet outside!
Tip: Are you “ languishing? ” Here’s how to “ flourish. ”	Understanding & Managing Isolation During Uncertain Times Pre-recorded Webinar	Tip: Finding Resilience in Times of Uncertainty	Tip: Add movement into your home routine with these No-Equipment Exercises	Tip: Manage your Stress with this Stress Management Worksheet
Check out these Keys to Wellbeing and pick one to focus on today!	She’s Got It: A Women’s Guide to Saving & Investing 3:00-4:00pm (pre-registration required!)	Mindfulness Drop In 4:00-4:30pm	Restore & Renew Yoga 5:15-6:00pm (pre-registration required!)	Outdoor Yoga on Baker Lawn 4:00-4:45pm (pre-registration required!)
Mindful Monday: Explore what practice brings you what you need today.	End of Day Yoga 5:00-5:30pm	Check out these Self-Care for Stress Relief Tips	Do something you enjoy today.	Write down 3 things you’re grateful for, send a gratitude note to a friend or colleague, or try out one of these gratitude ideas.
Prioritize your Professional Development: Check out the Learning & Development Spring Catalog & Resources	Tip: Spring Cleaning for your Mind	Tip: Avoid Emotional Eating with these tips and access additional tips on avoiding excessive eating and drinking!	Tip: Stay Energized with these Wellness Activities	Tip: Face challenges with strength with this Resilience Small Steps Guide

For the Student Calendar of Events, click [here](#).