

Virtual Well-being Event Week

There are a variety of ways to support your well-being this week! Each day focuses on a different dimension of well-being and includes webinars, fitness classes, activities as well as additional resources and educational information. Pick and choose what interests you most!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THEME:	<i>Environmental</i>	<i>Physical</i>	<i>Financial</i>	<i>Emotional</i>	<i>Social</i>
WEBINARS:	Navigating Your Work from Home Transition <i>Access anytime!</i>	Why Can't I Stop Eating? How Emotions Impact Our Eating During the COVID-19 Pandemic <i>Access anytime!</i>	The Psychology Behind Saving Money & Other Good Financial Habits <i>Access anytime!</i>	Metahuman: Venturing Beyond Limitations with Deepak Chopra, MD <i>Access anytime!</i>	Self-Isolating Together: How to Get Along with Your Partner and Kids During the Pandemic <i>Access anytime!</i>
		What to Eat to Prevent Chronic Illness featuring Dr. David Katz <i>Access anytime!</i>			Communicating without Conflict with your Significant Other <i>Access anytime!</i>
	Check out these other pre-recorded webinars!	Check out these other pre-recorded webinars!	Check out these other pre-recorded webinars!	Check out these other pre-recorded webinars!	Check out these other pre-recorded webinars!
ACTIVITIES:	How to Make a Face Mask or check out this No Sew Video – don't forget the mask should cover both your mouth AND nose!	Take a virtual yoga or fitness class or access a free webinar	8 – 9 AM: Mindfulness Practice Group <i>Pre-registration Required!</i> Email tucker.center@dartmouth.edu	Mind & Body Podcasts from Cigna Kripalu's Stress Resiliency Training (RISE)	3:30 - 4 PM: Mindfulness Meditation
	How are you supporting your well-being? Send wellness@dartmouth.edu a picture and you may be featured on our website!	Virtual Trekking Tuesday Get outside and take a walk today! Snap a picture on your walk and email it to mailto:wellness@dartmouth.edu to be featured on our website	Take a Financial Wellness Quiz to test your knowledge	Take a Relaxation Break with this short breathing activity or try this RAIN Meditation Yoga Nidra: A peaceful and relaxing Yogic sleep meditation	Send a Virtual Gratitude Card to a colleague!
EDUCATION & RESOURCES:	Handouts: <ul style="list-style-type: none"> - Find Health & Happiness Outdoors - Reduce Stress Through Gardening - Preventing Tick Bites - Energy Breaks - Tips for Beating the Sun & Heat - Make your Home Workspace More Joyful 	Handouts: <ul style="list-style-type: none"> - Mindful Eating - Why a Good Night's Sleep is Important - Self-Care for Stress Relief - Nutrition & Foods to Fuel Your Mind & Body 	Handouts: <ul style="list-style-type: none"> - Financial Wellness Resource Guide - Why Should I have a Budget? - Tips for Living within Your Means - Budgeting as a Family - Check out these great D'Perks Discounts 	Handouts: <ul style="list-style-type: none"> - Resiliency Resource Guide - Maintaining Resiliency - Resilience in Stressful Times - Anxiety Getting in Your Way? 	Handouts: <ul style="list-style-type: none"> - Signs & Symptoms of Loneliness - 5 Ways to Stop Feeling Lonely - Benefits of Family Meals - Navigating Home Life - Fostering Connection
	Create a healthy workstation by using these ergonomic resources	Are you enrolled in Cigna? If so, you may be eligible for the free Omada pre-diabetes program .	Save for retirement with Dartmouth's comprehensive retirement plans .	Watch a short GuidanceResources Orientation Video to learn more about the F/EAP program or click here to access the F/EAP.	Check out these great resources from Learning & Development as well as upcoming workshops .