Engage with your Wellness Program option!

Get the most out of the Pulse Program, Fitness Reimbursement, or Dartmouth Fitness Membership Benefit

Volunteer around your community!

Utilize the Volunteer Time Off Policy and receive up to one day of paid time off

Make a commitment to your Preventive Health Care

Attend a well-being workshop or webinar

Recognize a colleague today!

Visit one of the many Gratitude Baskets across campus and send a colleague a note of appreciation

Take advantage of the F/EAP Program

The Faculty/Employee Assistance Program gives you and your family confidential support for personal and work-life issues

For more details, including eligibility on these and other Wellness at Dartmouth offerings, visit:

dartgo.org/healthy2019
Additional Resources

Looking for a Doctor?

Dartmouth Health Connect: Dartmouth Health Connect is a highly innovative, relationship-based primary care practice that provides the type of health care patients deserve. Patients enrolled in any active Dartmouth medical plan can expect highly personalized, friendly, expert care delivered by a team of professionals who are passionate about managing health in a better way. Call 603.738.1164 or visit www.dartmouthhealthconnect.com. Please note: Dartmouth Health Connect patients cannot contribute to or receive a contribution to an HSA due to IRS regulations.

MyCigna.com: If you are a member of any of the Cigna plans, simply visit www.mycigna.com, log in, and click on the Find A Provider tab. You can search by name, specialty, and address to find a provider accepting new patients that is convenient for you.

Dartmouth-Hitchcock Find a Provider: Whether you need a physician for yourself or someone in your family, the Find a Provider website for DHMC can help! Visit www.dartmouth-hitchcock.org/findaprovider.html#/

Alice Peck Day Memorial Hospital Find a Provider: Search by name, specialty or gender. Visit http://www.alicepeckday.org/providers/find_a_provider/

Pulse Participant?

Searching for some inner zen?

Let us introduce you to Whil, a leader in mindfulness, yoga, and leadership training. This section of the Pulse mobile app and website can help you feel calm, stay resilient, and live better than ever.

Log in at www.dartgo.org/pulse and click on the Programs tab to access the Whil programs.
WELLNESS WORKSHOPS

The Wellness at Dartmouth office is offering free monthly workshops covering a variety of topics to help support your well-being. We hope you can join us!

Overcoming Your Distorted Negative Thinking
Date: May 22nd
Time: 12:00-1:00pm
Location: Webinar - access from your own workspace

Learning to Relax
Date: May 31st
Time: 12:00-1:00pm
Location: 7 Lebanon Street, HR Training Room (2nd floor), Hanover, NH

Healthy Lifestyle: Changing the Way you think about Diet & Exercise
Date: June 4th
Time: 12:00-1:00pm
Location: 7 Lebanon Street, HR Training Room (2nd floor), Hanover, NH

Mental Fitness for Optimal Brain Power
Date: June 13th
Time: 12:00-1:00pm
Location: Webinar - access from your own workspace

Walking for Mental Health
Date: June 27th
Time: 12:00-1:00pm
Location: 7 Lebanon Street, HR Training Room (2nd floor), Hanover, NH

For more information visit dartgo.org/wellnessworkshops
Volunteer Time Off Policy at Dartmouth

**What is it?**
Up to one day of paid time off from regularly scheduled work hours each fiscal year to volunteer.

**Who is eligible?**
All regular, benefit-eligible employees.

**Where Can I Volunteer?**
The volunteer services must be performed through organizations affiliated with the United Way.

**Where Can I Find More Information?**
dartgo.org/volunteertimeoff
Today I choose joy.
Energy Break Ideas

Check out the list below for sample energy breaks you can incorporate into your day. Stepping away from your work for just 2 – 5 minutes can help you feel more energized, less stress, more focused and more productive when you return. Get started with at least one energy break each day and then work up to adding in a few breaks throughout your day.

Start a movement in your office and encourage your colleagues to join you!

1. Close your eyes and take 10 slow deep breaths – clear your mind and just focus on your breathing.

2. Head outside and take a quick walk around your building.

3. Take a bathroom break and use the bathroom on a different floor – if you’re able, take the stairs!

4. Walk to the kitchen to fill up your water bottle to stay hydrated.

5. Roll your shoulders forward 5 times and then backward 5 times.

6. Stand up and do 5 shallow squats – wear flat shoes or take your shoes off.

7. Meditate for a moment. Close your door or put on a set of headphones and listen to this video [here](#).

   Looking for a longer meditation? Check out the [Headspace app](#) or the [Stop, Breathe & Think App](#) for 5 – 10 minute meditations.

8. If you’re able, walk up and down a flight of stairs.

9. Looking for something more advanced? Try 10 pushups, 10 deep squats, or a 1 minute plank!

10. Stand up and do 10 heel raises (raise up on your toes; hold on to a chair for balance if needed)

11. Doodle on scrap paper or grab your coloring book and colored pencils and get creative.

12. Close your eyes and lose yourself to relaxing music. Try listening to this music [here](#) to unwind.
Movement: Stretches

For a few quick ideas for movement breaks throughout your day and during meetings, consider the following stretches and exercises that can be done almost anywhere:

Reach over head

Reach in front with hands clasped

Shoulder Rolls

Heel Raises

Shallow squats (if in appropriate shoes and clothing)