

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

Did you miss out on the Flourishing at Dartmouth week? Don't worry you can still access all the 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. Living through the additional stressors of a pandemic presents plenty of challenges to our ability to flourish, which is why we invite all staff, faculty, and students to celebrate the opportunity for new beginnings!



Virtual Event



Info Snack



Sprinkles of Self-Care

Monday	Tuesday	Wednesday	Thursday	Friday
Pulse Participants: Join the MOVE IT: Mindful Exploration Challenge that begins today!	Check out these Keys to Wellbeing and pick one to focus on today!	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 webinar recording & Quick Core Workout	Get Ready to Garden webinar recording	Coping with Uncertainty (recording coming soon!)	Meal Planning 101	Full Body Home Workout
Play Self-Care Bingo!	Get outside for at least 20 minutes today.	Stay up to date with the Wellness at Dartmouth newsletter!	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 a virtual well-being webinar or yoga class!	Check out a virtual well-being webinar or yoga class!	Check out mindfulness & meditation offerings!	Check out a virtual well-being webinar or yoga class!	Check out a virtual well-being webinar or yoga class!
Mindful Monday: Explore what practice brings you what you need today.	Download a copy of the monthly well-being calendar for lots of tips to help prioritize your well-being!	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 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