

Mindful May: Prioritize your mental well-being



■ Tips, Articles & On-Demand Events

■ Live or Virtual Events (some require pre-registration)

MONDAY 5/8	TUESDAY 5/9	WEDNESDAY 5/10	THURSDAY 5/11	FRIDAY 5/12
Check out the Emotional Well-being resources available to you from Wellness at Dartmouth!	Trekking Tuesday 12:15 - 12:45 PM Meet at the flagpoles on the Green (Rain or shine) Pulse Participants: Receive 100 Pulse points!	Wednesday Mindfulness Practice Group 8 - 9 AM (Every Wednesday; pre-registration required)	Intro to Headspace Webinar 12:30 - 1 PM (pre-registration required)	Check out the Faculty/Employee Assistance Program available to you and your household members!
MONDAY 5/15	TUESDAY 5/16	WEDNESDAY 5/17	THURSDAY 5/18	FRIDAY 5/19
Prioritizing Well-being: Starting with You Virtual Workshop 12 - 12:30 PM (pre-registration required)	Trekking Tuesday 12:15 - 12:45 PM Meet at the flagpoles on the Green (Rain or shine) Pulse Participants: Receive 100 Pulse points!	Write Your Next Chapter: 5 Steps to Setting Your Retirement Date 12 - 1 PM (pre-registration required)	World Meditation Day: Live Meditation by Headspace 12 - 12:30 PM (pre-registration required / join Headspace)	Breathing Techniques to Relieve Stress & Improve Health Webinar 12 - 1 PM (pre-registration required)
Mindfulness Drop-Ins 4:30 - 5 PM (Tucker Meditation Room or via Zoom)	Gentle Yoga 4:30 - 5:30 PM (Tucker Meditation Room; pre-registration required)	High 5 for Health Smoothie Virtual Cooking Demo 12 - 12:30 PM (pre-registration required)	Hiking 101 Virtual Workshop 12:30 - 1 PM (pre-registration required)	Mindfulness Mini 1 - 1:15 PM (Every Friday via Zoom)
Article: How Blue Light Affects Mental Health	Article: Opening your Mind to the Outdoors	Virtual Chair Yoga 12:35 PM - 12:55 PM (pre-registration required)	Article: Getting Physically Active	Article: I'm feeling Lonely
MONDAY 5/22	TUESDAY 5/23	WEDNESDAY 5/24	THURSDAY 5/25	FRIDAY 5/26
Being More Intentional about our Mental Health Webinar (On-demand)	Trekking Tuesday 12:15 - 12:45 PM Meet at the flagpoles on the Green (Rain or shine) Receive a reusable water bottle or t-shirt!	Article: Healthy Home Environments to Support Mental Health	Live Virtual Meditation with Headspace 12:30 - 1 PM (pre-registration required)	Pick-Me-Up Yoga Flow A 5-minute purposeful practice (On-demand)