April Featured Events

Apr 1: Mental Health Monday
5:30 pm - 7:30 pm, GRAD Lounge
Apr 8 - 12: Grad Appreciation Week
Check your email for events!
Apr 10: 3 Minute Thesis Competition
6:00 pm - 10:00 pm, Top of the Hop
Apr 16: Haven Dinner
4:30 pm - 7:00 pm, Haven

Monthly Wellness Tip

Ready to tackle the outdoors this spring but not sure what hiking trails are out there? Have no fear! Here are some recommendations from the Dartmouth Outing Club:

Hike Name (distance from Hanover): Time (Round-Trip)
Velvet Rocks (starts @ the Green): 3 hours
Gile Mountain (7 miles): 1 hours
Moose Mountain (8 miles): 3 hours
Holt’s Ledge (13 miles): 2 hours
Smarts Mountain (15 miles): 5 hours

Spring into Gardening!

The sun is out, there is mud everywhere and the world is becoming green again. You know what that means? It’s finally spring! The time of year where you think about trying to keep that indoor plant alive.. so struggling? Here are some tips to help (from Buzzfeed):

Pick plants that do well indoors: Look for plants that prefer indirect light and don’t need a lot of watering

Pick the right pot: Plastic pots retain water really well. Clay pots are porous so they’re a good option if you’re a nervous pourer

Set a day (or two) each week to water: This will help to manage how much you water the plants

You can compose indoors: Things from coffee grinds to vegetable peels can be tossed in to the soil

Clip off dead leaves and stems: One dead leaf can ruin the bunch. Make sure to clip off dead leaves at the roots.

Article Spotlight


Ensuring rapid access to mental health patients is extremely important but unfortunately, there are many factors that can impede this access. This study examined the efficacy of a computerized cognitive behavioural treatment (eTherapy) on individuals with common mental health problems. The researchers saw a statistically significant improvement in anxiety, depression and functioning with this eTherapy software.

Bad Jokes

What do you call a bunny with fleas?
~ Bugs Bunny

Comments?

Send us your feedback, ideas or questions!
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