February Featured Events

Feb 1: Board Games and Brews
5:00 - 8:00 pm, GRAD Lounge

Feb 4: Mental Health Monday
5:00 - 6:30 pm, GRAD Lounge

Feb 5: Graduate Student Council Meeting
5:30 pm, Carson L01

Feb 13 + 20: Suicide Prevention Workshop
5:30 pm - 7:30 pm, LSC 105

Feb 19: Haven
4:30 - 7:00 pm, Haven

Monthly Wellness Tip

It can be difficult during the week to get out of the Netflix slump, especially during the winter. However, research shows that socializing can be an immense mood booster. It’s also been linked to reducing risk of dementia! So here are 5 creative ways to hang out with your friend group:

- Friday Night Meatball dinner party: food and friends!
- A “favorite things” party: gush about your fav things
- An article club: share stories and learn something new
- Skin care/self care gathering: relax and feel refreshed
- Daily walks: get a bit of sunshine

Keep it tidy!

Coming home from work to a cluttered apartment can be frustrating. It's important to be confident and comfortable in your home so you can de-stress! Here are some tips from Marie Kondo, check out her Netflix Show "Tidying up" for more!

1.) Does it spark joy?
   When trying to sort through what to donate or keep, a good question to ask is "Does it bring me joy?"

2.) Instead of buying storage boxes, use the ones you have
   We all have empty Amazon boxes that can easily store things. The great thing is that once you don't need the box, it's easy to recycle and it saves $$

3.) Decant household products into unlabeled bottles
   Branded objects can add a lot of noise to your home. By eliminating the visual noise, you can create a more comfortable space

Article Spotlight


This article is a review of research conducted over the past two years regarding meditation and mindfulness. Meditation has been shown to influence brain structural changes. Additionally, mindfulness practice enhances attention and emotion regulation. The authors discuss the challenges around these meditation studies and the need for more studies linking the structural changes to behavioral performance.

Bad Jokes

Relationships are a lot like algebra
Have you ever looked at your X and wondered Y?

Comments?

Send us your feedback, ideas or questions!
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