Mental Health Newsletter

Monthly Wellness Tip
Forest environments promote lower cortisol levels, pulse rate and blood pressure. So feeling stressed? Head to the outdoors!
- Take a walk around Occom Pond
- Play a game of frisbee on the Green
- Eat lunch outside
- Look out a window
- Go apple picking

Campus Resources
Feeling nervous, down or need to talk to someone? Check these out if you need a helping hand:
Dick’s House: Counseling for Dartmouth students. Call 603-646-9442
Tucker Center: Offers confidential counseling with chaplain
WISE: 24 hr domestic/sexual violence crisis hotline. Call 866-348-WISE
Safety and Security: Emergency? Call 603-646-3333

Article Spotlight
This article shines a light on the origin of student stress. The three primary areas were academic, social and personal/family. They advocate for development of a smart phone application that will help students build a social system and better time management skills

October Events
- GSC Meeting
  (10/02, 5:30 pm) Carson L01
- Candelight Yoga
  (10/04, 7:30 pm) GRAD Lounge
- Fall Flannel Fest Dance
  (10/06, 8 pm) Collis Commonground

Bad Jokes
What’s black, white, orange and waddles?
~ A penguin carrying a pumpkin

Comments?
Send them our way! Email us at: Graduate.Student.Council.Student.Life @dartmouth.edu