There's no beauty without difference and diversity. Love unconditionally.

~ Rasheed Ogunlaru

6 Ways to Accept Others As They Are

1. Watch your thoughts.
Think about what you’re thinking about. We often think things about other people, judging them, without even realizing it. Work on paying more attention to your thoughts and do your best to push them in a non-judgmental, more accepting direction.

2. Look for the positive.
Not accepting others is a result of seeing the negative in them. Instead of focusing on the negative, focus on what’s good about that person, their choices and their actions. Remind yourself: “My way is not the only way.”

3. Avoid right/wrong dichotomies.
It’s very tempting to see the world in black and white with a right and wrong way to do things, but that’s just not how it is. Things don’t have to be right or wrong if we choose to accept them as they are.

4. Stop judging yourself.
Our judgments of others are often a result of our self-criticisms. If we stop putting pressure on ourselves to do things the "right" way, we’ll likely stop putting pressure on others as well. Not judging ourselves or others is a crucial step toward acceptance.

5. Focus on the now.
A lack of acceptance can generate from comparing things to the past. Try to think about now. Comparing things to the past can hinder an acceptance of what is.

6. Reverse the situation.
Ask yourself: What if someone were judging me and not accepting me? How would I feel? Keep these questions in mind the next time you find yourself not accepting others.

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<tbody>
<tr>
<td><strong>Ying String</strong></td>
<td><strong>IS Day!</strong> 11:30a, Carroll Rm <strong>Yum!!!</strong></td>
<td><strong>Swimming/Diving vs. Springfield College @ Springfield 7pm</strong></td>
<td><strong>Stress Awareness Day</strong></td>
<td><strong>Otelia Cromwell Day! Keynote 1pm, JMG</strong></td>
<td><strong>Fall Mum Show Opening Lecture, 7:30p</strong></td>
<td><strong>Mums Show at the Lyman Plant House!</strong></td>
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<td><strong>Quartet w/ Billy Childs</strong></td>
<td>3-5pm, Sweeney</td>
<td><strong>Hedgerow Poets Reading, 7:30pm Alumnae House Conference Hall</strong></td>
<td><strong>On this day: Movie actor, Ronald Reagan elected governor of CA (1966)</strong></td>
<td><strong>Play Reading Series Lyssandra Norton, 7:30p Hallie Flanagan</strong></td>
<td><strong>SEC Film: The Salesman 7:30p, Weinstein Aud</strong></td>
<td><strong>Orchestra Fall Concert, 8pm Sweeney Hall</strong></td>
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<td><strong>Birthday of</strong></td>
<td><strong>Birthday of Juanita Ines de La Cruz (1651), Mexican poet/nun/feminist</strong></td>
<td><strong>Basketball vs. Salve Regina, 6pm, Ainsworth Gym</strong></td>
<td><strong>Music in Noon Hour, 12:30pm Sweeney Hall</strong></td>
<td><strong>Julia Child Day! Yum!!!</strong></td>
<td><strong>SEC Film: The Zookeeper’s Wife 7:30p, Weinstein Aud</strong></td>
<td><strong>Swimming/Diving vs. Westfield State, 1p, Dalton Pool</strong></td>
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<td><strong>19 Sage Chamber</strong></td>
<td><strong>Wind Ensemble 4:30pm, Sweeney</strong></td>
<td><strong>Thanks giving Break Nov 22-26</strong></td>
<td>22</td>
<td>23 <strong>Random Acts of Kindness Day</strong></td>
<td>24 <strong>SEC Film: The Zookeeper’s Wife 7:30p, Weinstein Aud</strong></td>
<td>25 <strong>On this day: Benjamin Banneker publishes his first Farmer’s Almanac (1792)</strong></td>
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<td>Music, 3pm, Sweeney</td>
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<td><strong>26 Birthday of</strong></td>
<td><strong>27 Weekly Meditation with Ruth Ozeki, 5-6pm Chapel</strong></td>
<td><strong>28 On this day: Women vote for 1st time in national election in New Zealand (1893)</strong></td>
<td><strong>29 Jazz Ensemble Fall Concert, 7:30p Earle Recital Hall</strong></td>
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<td>13</td>
<td>13 <strong>Mindful Mondays with Emma Chubb &amp; Shanice Bailey 12:15-1pm CC 103/104</strong></td>
<td>14 <strong>Basketball vs. Salve Regina, 6pm, Ainsworth Gym</strong></td>
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**Recurring**
- **MONDAYS:** Acupuncture Clinic, 9am-1pm, Schacht Center, [Sign up on website](#).
- Mindful Mondays: 12:15-1pm, CC 103/104
- Leadership for Rebels: 5:30-7:30pm, CC 103/104 (more info at [www.smith.edu/cwl](http://www.smith.edu/cwl))
- Weekly Meditation w/ Ruth Ozeki, 5-6pm, Chapel Sanctuary
- **TUESDAYS:** Acupuncture Clinic, 9am-1pm, Schacht Center [Sign up on website](#).
- **WEDNESDAYS:** Wellness Wednesdays! Board games, coloring, tea, Q&A, Open Hours w/ Kris Mereigh: 1-4pm, Schacht Center Rm 203
- **FRIDAYS:** Soup, Salad & Soul: 12:10-1pm, Bodman Lounge, Chapel; SEC Films, 7:30pm, Weinstein Auditorium
- **SATURDAYS:** #StressFreeSaturdays!: Smith-To-Do, Arts & Crafts, Free!, 7-9pm, Davis Ballroom; Smithies@Play Game Night, 9-11pm, CC TV Lounge

**Open Hours**
- **Rock Wall**
  - Tues/Thurs: 4-6p
  - Wed: 7-9p
  - Friday: 3-6p
  - Sat/Sun: 1-4p
- **Indoor Kayak Sessions**
  - Dalton Pool
  - Every Friday
  - 6-8pm
- **GET FIT**
  - SMITH stuff
  - Abs Work
  - Spin Classes
  - Tabata
  - Cardio Workout
  - Yoga Flow
  - Zumba

**Mindful Mondays**
- 12:15-1pm, Schacht Center Rm 203
- Leadership for Rebels: 5:30-7:30pm, CC 103/104 (more info at [www.smith.edu/cwl](http://www.smith.edu/cwl))
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