Practicing Self-Care does not have to be all or nothing! Instead, do what you can, when you can. For example...

- Choose a salad instead of a burger this time.
- Choose to write instead of surfing social media.
- Choose water over a soda.
- Choose to wait and think about it rather than impulse buy.
- Walk instead of drive, if you have the option.
- Practice self-acceptance over self-criticism.
- Go to the gym today (but, maybe not forever!).
- Send a Thank You to someone you appreciate.

Set reasonable goals for what you can do now. Be kind, be realistic.

Source: http://www.becomingwhoyoure.net/
## October 2018

### Recurring

**Mondays:**
- Acupuncture Clinic, 9am-5pm, Schacht Center Sign up here: [www.timecenter.com/smithcollege-acupuncture](http://www.timecenter.com/smithcollege-acupuncture)
- Meet Mia the Dog! 12noon – 1pm, Schacht Center
- Mindful Mondays: 12:15-1pm, CC 103/104

**Tuesdays:**
- Acupuncture Clinic, 9am-1pm, Schacht Center Sign up here: [www.timecenter.com/smithcollege-acupuncture](http://www.timecenter.com/smithcollege-acupuncture)
- Director of Wellness Education, Kris Mereigh Office Open Hours: 10am-12noon

**Wednesdays:**
- Director of Wellness Education, Kris Mereigh Office Open Hours: 12noon-5pm

**Fridays:**
- Soup, Salad & Soul: 12:10-1pm, Bodman Lounge, Chapel

**Saturdays:**
- #StressFreeSaturdays! Smith-To-Do, Arts & Crafts, Free!, 7-9pm, Davis Ballroom; Smithies@Play Game Night, 9-11pm, CC TV Lounge

### Events

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mindful Mondays Jess Bacal &amp; Matilda Cantwell 12:15-1p, CC 103/104</td>
<td>2 Int'l Day of Non-violence</td>
<td>3 Music in the Noon Hour: solo violin, 12:30p, Sweeney Hall</td>
<td>4 Fall Career Fair, 3:30-6p ITT</td>
<td>5 Volleyball vs. Clark Univ., 7pm Ainsworth Gym</td>
<td>6 FALL BREAK!</td>
</tr>
<tr>
<td>7</td>
<td>FALL BREAK!</td>
<td>8 FALL BREAK!</td>
<td>9 FALL BREAK!</td>
<td>10 Compass Roads, poetry by local poets 7pm, Poetry Center</td>
<td>11 Artist Talk Inas Halabi 5pm Graham Hall</td>
<td>12 The Infinite Dark: weaving poetry &amp; music 8pm, Sweeney Hall</td>
</tr>
<tr>
<td>14</td>
<td>Gallery Of Readers 4-6pm Seelye 106</td>
<td>15 Mindful Mondays w/ Shance Bailey &amp; Emma Chubb, 12:15-1p, CC 103/104</td>
<td>16 Becoming a Woman Artist 5pm Graham Hall</td>
<td>17 Pet-A-Pet Day! 12-1:15pm, Lawn Schacht Center</td>
<td>18 Sage Chamber Music Society 8pm, Sweeney Hall</td>
<td>19 Volleyball Hall of Fame, 5pm Ainsworth Gym</td>
</tr>
<tr>
<td>21</td>
<td>Celebration of the Mind Day</td>
<td>22 Mindful Mondays w/ Byron Z &amp; Cornelia P. 12:15-1pm CC 103/104</td>
<td>23 Green Tara Meditation 4:30, Dewey Cm</td>
<td>24 Green Tara Meditation 4:30, Dewey Cm</td>
<td>25 Film Futures 5pm, Weinstein Aud</td>
<td>26 Green Tara Meditation 4:30, Dewey Cm</td>
</tr>
<tr>
<td>28</td>
<td>Sage Chamber Music Society 11am Sweeney</td>
<td>29 Mindful Mondays w/ Janelle &amp; Jan! 12:15-1pm CC 103/104</td>
<td>30 Green Tara Meditation 4:30, Dewey Cm</td>
<td>31 Green Tara Meditation 4:30, Dewey Cm</td>
<td><strong>Baystate Health Blood Drive</strong></td>
<td>32 Oct 10 &amp; 11 11 a.m.–4 p.m. Chapin Drive</td>
</tr>
</tbody>
</table>

### Open Hours

- **Rock Wall**: Tues/Thurs: 4-6p Wed: 7-9p Friday: 3-6p Sat/Sun: 1-4p
- **Backpacking**: Appalachian Tr
- **Fall Break**: Oct 6th – 8th
- **Overnight Camping**: Oct 19th – 20th at Macleish Field Station
- **Check out the GET FIT SMITH program!**

---

**Bullying Prevention Month!**

http://www.pacer.org/bullying/nbpm