The Well-Street Journal
~Brought to you by Jan Morris in Student Affairs~

What are you doing??
for self-care... as the days get shorter and the nights get longer?

Need some ideas???
- Gratitude journal.
- List your passions.
- Think of loved ones.
- Take a brisk walk.
- Stretch-h-h-h!
- Plug in your favorite song.
- Read for pleasure!
- Take 5 deep breaths.
- Send a Thank You card.
- Call a friend just to chat.

Close your eyes for 7 breaths.
Get to Get Fit Smith.
Dare to Dance!

Visit the Lyman Plant House.
Go window shopping.
Give/get a back massage.
Meditate.
Take a nap.
Free-write your thoughts.
Do all of the above!!!

Check out my Wellness Blog at: http://sophia.smith.edu/blog/wordsofwisdom/

“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.” ~Deborah Day

Climbing Wall Hours:
Tues/Thurs: 4pm-6pm
Wed 7-9pm, Friday 3-6pm
Sat/Sun: 1pm-4pm

Soup, Salad, & Soul
(informal discussions, lunch provided)
Fridays, 12:15-1pm,
Bodman Lounge, Chapel
### November 2014

<table>
<thead>
<tr>
<th>Every Sunday</th>
<th>Every Monday</th>
<th>Every Tuesday</th>
<th>Every Wednesday</th>
<th>Every Thursday</th>
<th>Every Friday</th>
<th>Every Saturday</th>
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<tbody>
<tr>
<td>Get Fit Smith - Zumba</td>
<td>Bell Ringing Practice</td>
<td>Outdoor Adventure</td>
<td>Bell Ringing Practice</td>
<td>Hike to Holyoke Range, 4-6pm</td>
<td>Soup, Salad &amp; Soul</td>
<td>Smith-To-Do</td>
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<td>4pm, Ainsworth 304 (has the climbing wall)</td>
<td>If you are interested, please contact Sarah McElhone Moriarty '72 at <a href="mailto:smoriart@smith.edu">smoriart@smith.edu</a></td>
<td>ALL activities: 4-6pm &amp; meet at the boathouse! Register by emailing: <a href="mailto:outdoors@smith.edu">outdoors@smith.edu</a></td>
<td>If you are interested, please contact Sarah McElhone Moriarty '72 at <a href="mailto:smoriart@smith.edu">smoriart@smith.edu</a></td>
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<td>12:15-1pm, Bodman Lounge, Chapel</td>
<td>Art &amp; Crafts Projects (Always free!)</td>
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<td>Sing traditional American hymns from the Sacred Harp songbook, written in shape-note style. No experience necessary. 7pm-10pm Chapel</td>
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<td>Grief Support Group 12:15-1:30pm Register by emailing: <a href="mailto:counselingservices@smith.edu">counselingservices@smith.edu</a></td>
<td>Davis Ballroom, 9pm <a href="http://www.smith.edu/ose/programs_to_do.php">http://www.smith.edu/ose/programs_to_do.php</a></td>
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<tr>
<td></td>
<td>Buddhist Meditation</td>
<td></td>
<td>Get Fit Smith - Zumba</td>
<td>ALL Outdoor Adventure activities: Meet at the boathouse 4-6pm. Register by emailing: <a href="mailto:outdoors@smith.edu">outdoors@smith.edu</a></td>
<td>Indoor Kayaking 6-8pm, Dalton Pool</td>
<td>SEC Movie Night Weinstein Auditorium 7:30pm, <a href="https://smith.collegiatelink.net/organization/sec">https://smith.collegiatelink.net/organization/sec</a></td>
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<tr>
<td>All welcome. Bodman Lounge, Chapel, 5pm</td>
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<td>6pm, Ainsworth 304 (has the climbing wall)</td>
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### November

- **November 9**
  - Swimming and Diving: VS Brandeis Univ 3 PM, Dalton Pool
- **November 3**
  - IS Day!! 11:30am – 1:30pm Carroll Rm, Eat well!
- **November 16**
  - Hike Mt. Greylock
  - To register, email: outdoors@smith.edu
- **November 17**
  - Workshop with Carrie Rudzinski 4pm, CC TV Lounge
- **November 25**
  - Music in the Noon Hour, 12:30pm Sage Hall
- **November 4**
  - Music in the Noon Hour, 12:30pm Sage Hall
- **November 11**
  - Swimming and Diving: VS Springfield College, 7 PM, Dalton Pool
- **November 18**
  - Spoken Word with Carrie Rudzinski 9pm, CC TV Lounge
- **November 20**
  - Fall Faculty Dance Concert, 8pm Theater 14
- **November 5**
  - Poets Eliz. Alexander & Nikki Finney in Conversation, 4-6pm, Neilson Browsing Rm
  - Ain't I A Woman! A chamber music theatre work for actress and trio (cello, piano, percussion) Chapel Sanctuary, 7:30-9
- **November 12**
  - Peggy McIntosh Talk on White Privilege 7pm, Weinstein
  - Jittery’s Live! presents: Elizabeth & The Catapult 9pm CC TV Lounge
- **November 6**
  - Otelia Cromwell Day Ceremony and Keynote 1pm, Sweeney
  - Jittery’s Live! presents: Zerbin 9pm CC TV Lounge
- **November 7**
  - Josten Friday at Five 5pm, Theatre Library Mendenhall
  - Harry Potter Trivia Night!! 9pm, Carroll Rm
- **November 1**
  - 5 College Fencing Tournament ITT, 6am-8pm
- **November 8**
  - Caving
  - To register, email: outdoors@smith.edu
- **November 15**
  - Basketball: VS Rivier College 2 PM
- **November 12**
  - Peggy McIntosh Talk on White Privilege 7pm, Weinstein
- **November 21**
  - Hot Chocolate Bar 11am, CC Garden Lv I
  - Harry Potter Trivia Night!! 9pm, Carroll Rm

### Thanksgiving Break: November 26-30