

Gruener, Alisyn

From: Gruener, Alisyn
Sent: Thursday, October 1, 2020 10:05 AM
To: Gruener, Alisyn
Subject: Wellness @ MIIS this Semester

*From: Student Services at MIIS
To: All students at MIIS
Subj: Wellness @ MIIS this Semester
Sent: September 30, 2020 at 11:34am Pacific*



Dear Students,

We are well into the fall semester, and I hope it has been one of balance and self-care as you transition to grad school in the online environment. I expect that you have taken this time to try and embrace the opportunities that exist in this new education environment, while also taking note of areas for improvement.

If health and wellness is an area for improvement for you, know that you are not alone. Practicing habits that prioritize personal well-being take time and effort.

The Office of Student Services is here to support you in these endeavors. This email contains information about resources, upcoming activities, and opportunities for proactive health and wellness this semester. Some activities are ongoing while others, like the [Intro to Mindfulness session tomorrow](#), are upcoming!

If you have ideas to support these areas at MIIS, please do share. If you are not comfortable sharing with me directly, I've created [this anonymous form](#) for ideas and feedback.

I wish you a most successful remainder of your semester!

In wellness,
Alisyn

Alisyn Gruener (she/her/hers)
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My name is Alison Silverstein, and I am the Health and Wellness Director on Student Council. I am a first semester CI student, with a Spanish B and a French C, currently living in Queens, New York. Growing up in the most diverse place in the entire world instigated my love for languages and cultures different from my own, and I was able to turn my passion into an undergraduate degree in Romance Languages and Literatures at Wesleyan University. I spent a semester studying abroad in Bogotá, Colombia, and recently returned from a year of teaching English abroad in Southwestern France through the Teaching Assistant Program in France. I have experience working in the nonprofit sector for both reproductive health care and arts organizations.

JOIN THE HEALTH AND WELLNESS COMMITTEE!

If you are interested in supporting fellow students or looking for an excuse to gather resources related to health and wellness, the Health and Wellness Committee on Student Council is the place for you. My goal for this committee is to create dependable, workable spaces where students can find resources and develop real connections with one another as a way to support their mental health and physical wellness. I am especially looking for students living outside of PDT, who identify as male or non-binary, and students of color/BIPOC to make sure that the

events and programs we develop are inclusive of the wants and needs of all students.

I expect the commitment to be a one-hour biweekly meeting and a maximum of three hours of (flexible) work in between.

Please email me at asilverstein@middlebury.edu if you would like to talk more about this opportunity.

Wellness Offerings



The schedule of workshops for the **Fall Student Success Series** is growing! Right now, two workshops and an asynchronous, self-guided challenge are scheduled, but we expect workshops to be added as the semester progresses. To learn more and sign up, please visit the [sign up form](#). (More details below)

Current Offerings (*Note the workshop TOMORROW! Still time to sign up*):



**INTRO TO
MINDFULNESS**

WITH
KATIE DUTCHER
OF MONTEREY BAY MEDITATION STUDIO

**OCTOBER 1, 2020
12:15PM - 1:30PM PACIFIC**

Learn how to incorporate a mindfulness practice into your life for greater calm, stress management and balance.

Sign up:
go.miis.edu/fallsuccess

 Middlebury Institute Office of Student Services
studentservices@miis.edu
go.miis.edu/wellness



**7-Day
Challenge**

**START YOUR
MEDITATION
PRACTICE**

WITH
KATIE DUTCHER
OF MONTEREY BAY
MEDITATION STUDIO

OCTOBER 2-9, 2020

The asynchronous challenge will happen via a private Mlcommunity group where short, daily guided meditations will be uploaded each day for your try at your convenience.

Sign up: go.miis.edu/fallsuccess

 Middlebury Institute Office of Student Services
studentservices@miis.edu
go.miis.edu/wellness



stress management for grad students

- Learn about stress and self-care
- Gain a sense of connection to other students who are with you on this journey
- Have an opportunity to try a few mindfulness practices
- Walk away with new resources and tips to weave into your own daily schedule

**NOVEMBER 12, 2020
12:15PM - 1:30PM PACIFIC**

SIGN UP: [GO.MIIS.EDU/FALLSUCCESS](https://go.miis.edu/fallsuccess)

In Partnership with the College



This MIIS-specific Project Connect group is only open to Institute students. Space is limited! Sign up at go.miis.edu/projectconnect.



Health Coaching
go.miis.edu/healthcoaching

Meet with a Vermont-based Health Educator

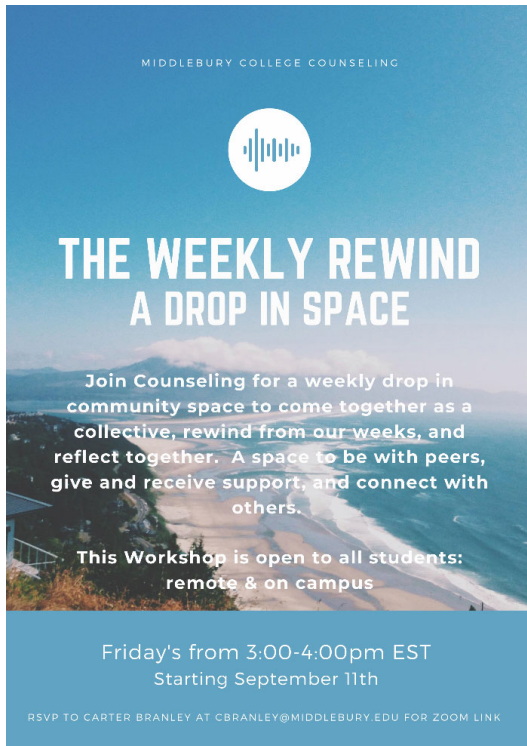


Coping with All the Feels
 Mondays
 1 - 1:50pm PST / 4 - 4:50pm EST

for personalized support on your goals, challenges, and development of healthy behaviors and attitudes.

Drop-in to any session you choose!

Email Michelle Kaczynski to learn more or sign up: mkaczynski@middlebury.edu



The Weekly Rewind: a drop-in space

Fridays
12 - 1pm PST / 3 - 4pm EST

Come together as a collective, unwind from our weeks, and reflect together.

Email Carter Branley for the zoom link:
cbranley@middlebury.edu



Meditation and Breathwork for Relaxation

Tuesdays and Fridays
10 - 10:20am PST / 1 - 1:20pm EST

Drop-in to any session you choose!
Email Brian Tobin for the Zoom link:
bstobin@middlebury.edu

Monterey Bay Meditation Studio Access

A graphic with a dark green background. On the left, there is a stylized green leafy branch. In the top left and top right corners, there are abstract shapes in a light green and a light orange color. The text is centered in a white, sans-serif font.

Monterey Bay Meditation Studio MIIS Student Pass

Monterey Bay Meditation Studio offers a space for meditation, connection, reflection, and learning. Sign up for the MIIS student pass to access their online platform and weekly drop-in meditation sessions for free!

learn more and sign up at go.miis.edu/MBMSpass

Your MIIS pass gives you ***free access*** for one semester to **two weekly half-hour meditation sessions**, offered virtually from Monterey Bay Meditation Studio. You will see additional events listed that you can choose to opt into, usually with their own registration and fee.

[Fill out this form to get your MIIS Pass to MBMS online!](#)

Presently, all MBMS offerings take place through their online platform. Through this online community, members engage with each other through postings and participation in the MBMS offerings. For a more complete list of all events, please see the [MBMS website](#).

Mental Health Resources

WellConnect Student Assistance Program



If you are feeling stressed, experiencing anxiety about upcoming commitments, having trouble with a roommate, friend or relationship, this may be a good time to explore the [WellConnect student assistance program](#).

You can begin to access important information and helpful resources [online here](#). To create an online account, your access code is: **MIIS-STU**. There are *many* resources to use!

4 Steps to Access WellConnect Counseling Services:

1. Call 1.866.640.4777 or complete the online intake form (counseling request)
2. Explain / include the nature of your request
3. Request contact information for a counselor near you or via phone - *if you would prefer a counselor with specific pronouns, backgrounds or specialties, make sure to include this! WellConnect will try to accommodate these requests.*
4. Follow-up once you have this information to make an appointment with your counselor, or follow instructions to begin accessing counseling online.

This resource also includes 24/7 access to a crisis counselor if you are experiencing an emergency and need to speak with someone immediately. To use this service, you simply call 1.866.640.4777, verify your student status and ask to be connected to a crisis counselor.

If you have any questions on how to use this resource, please do not hesitate to contact the Office of Student Services at student.services@miis.edu or contact Ashley Arrocha directly at aarrocha@miis.edu.

Silver Cloud Self-Help Workbook

In partnership with the Parton Counseling Center at Middlebury College, students are able to access a web-based, self-help workbook called **SilverCloud**.

SilverCloud offers tools and skill building related to coping with feelings of **stress, sadness, worries, anxiety and body image**. It's available in both web-based and app formats.



Download the app or [Check it out here](#). You must sign up using your @middlebury.edu email address.

SilverCloud is:

- Self-directed usage – go at your own pace
- Free
- Equipped so that you can select a “coach” within the system to assist you with the different modules and help with motivation
- Private

Self-Care Tips and More



Middlebury

CAMPUS
WELL
by Student Health 101®

[Campus Well](#) is a targeted and customized site for Middlebury students that provides articles, resources and guidance on a variety of health-related topics. Students are encouraged to explore the site and sign up for a monthly digest of articles to support overall well-being and positive mental

health. See below for some of our favorite CampusWell resources!

Please note: some resources or specific events/services may only be for Middlebury College students.

Self-Care Guide

Resources for Sleep Support

Struggling to Stay Motivated?

Financial Tips and Resources

Food and Nutrition

Other resources to support health, wellness and remote learning success this semester and beyond:

CDC - Managing Stress & Anxiety

DLINQ (Digital Learning & Inquiry) Digital Student Resources

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