

WINTER 2021



The Flourish

Supporting the well-being of all students at Stanford

RECOGNIZING THE GOOD

“Noticing the steady greening of the Stanford foothills is my current daily moment of gratitude...”

The reassuring change of the seasons fills me with content. It doesn't solve the existential threat of the climate crisis, but it does afford me a daily moment of pause to inhale deeply and enjoy something that feels right in the world. Taking this moment of gratitude for nature pulls me out of an anxious circle of thoughts and grounds me.

Jewish tradition calls this hakarat ha-tov, or “recognizing the good.” Some Jews mark these moments with a blessing as a way of lifting up the sacred in the mundane, the special in the ordinary, the gratitude in the taken for granted. **What good will you recognize today?**

Rabbi Laurie Hahn Tapper, Office for Religious & Spiritual Life



TAKE A MOMENT TO PAUSE AND CHECK IN WITH YOURSELF.

What does it look like to connect with yourself and those around you? How do you feel when you are connected with others? What does being fully present look like to you?

When we are fully present, attending with all of our senses to the words and body language of another, indeed we are like the sun and others are able to bloom like a flower in the light of our presence. When we say: “Tell me more...” or ask questions like “How was that for you?” we invite people to explore themselves and make discoveries in real time, right before our eyes — their eyes pointing upward to scan their vast database of embodied memories to respond to our inquiry.

Donnovan Somera Yisrael, '89, Well-Being at Stanford

IN THE SPOTLIGHT

50%

Of Bridge Peer Counseling sessions focus on relationships

Stanford Bridge Peer Counseling Post-Counsel Survey Fall 2021

After more than a year in quarantine, seeking connection and maintaining good relationships feels more important than ever before. The Bridge can help you connect to others and yourself when you are feeling adrift.

For more information: Call 650.723.3392 or visit web.stanford.edu/group/bridge/

TIP OF THE MONTH

Soothe...Recover...Mend

Engage in some intentional self soothing. Find something easy to experience that brings you comfort, warmth and peace. Lean in to your being selves, relax the doing self, let yourself heal and your energy gradually return.

Build yourself a self-care menu:
tinyurl.com/buildaselfcaremenu



Set a caffeine curfew.

Limit caffeine to at least 6 hours before you go to bed. This gives your body time to metabolize the caffeine, without impacting your sleep.



SLEEP CORNER



Stanford Student Affairs