

January Wellness Newsletter

Foreword: For the month of January, we would like to share thoughts and reflections on the lessons learned from the year 2020. Check out the links provided to explore more and stay tuned for our February Wellness Giveaway!

A year with our indoor-selves

Feature was co-written by Ruth Schade and Oscar Diaz

To begin, our Wellness team has been listening to the struggles of our community this past year and also we've been inspired by the many ways our community has worked towards a better future.



So what has been the unique experience for graduate students in the year 2020? A student defined by the Merriam-Webster dictionary is, “one who studies, an attentive and systematic observer.” In this feature we will describe our lessons on self-discovery in the year 2020, the lessons on how our outdoor-selves adapted to moving indoors.

Bizarre as it was, 2020 taught me a lot of things I wouldn't have expected, and I have a feeling that this was true for many others as well. Being resilient while quarantining requires learning to maximize whatever you have for indoor activities. A lot of us picked up new hobbies or rediscovered activities we hadn't done in a while. Personally, I learned how to juggle and crochet, and I rediscovered how much I enjoy playing the piano and painting. 2020 also was a great time to catch up on reading lists that had been set aside for far too long, and for reaching out to people we hadn't talked to in a long time. These new skills, interests we picked up from our reading, and renewed conversations with old friends and acquaintances don't have to be confined to 2020, or to a stay-at-home reality.



Self-discovery, as described in Hesse's *Siddhartha*, reflects the different forms of teaching on the path to spiritual illumination. As students, we might find ourselves grasping for new truths about our identity where the classroom has taken the form of a tumultuous year 2020. After talking to fellow students, common lessons include how writing in a journal illuminates personal growth, how reconnecting with lost friends fosters community, and the revitalizing power of a long walk. During this difficult year, our unique experience is one of being connected to fellow learners. I encourage you to experiment with journaling, meditation, mindfulness, and acceptance therapy and be open to failed experiments as being part of the learning process.

Let's choose to reframe how we think about our 2020 experiences so we can see the value of the relationships, skills, and self-discoveries we gained and embrace these as we move forward. Just as we took our "outdoor-selves" indoors back in March, let's think about what it can look like to take our "indoor-selves" outside.

Wellness Event Calendars



Stanford@Home

Explore Stanford virtually, wherever you are, or get outside and explore campus if you can. Maybe pick one thing for each day of the week - Tools for Tuesdays? Justice Fridays? -- and find others to connect with virtually.

Virtual Well-Being Resources

Well-Being at Stanford and Vaden Health Services are actively building additions to this set of virtual resources that are designed to support your well-being. This calendar provides recurring events such as office hours, meditations, community gatherings, and yoga.

Biosciences Student Development and Wellness Events

Academic development, professional development, and wellness-related events organized by the Biosciences Office of Graduate Education and by other campus organizations.

Mind Over Money Events

Mind Over Money aims to serve as a campus-wide resource to equip students with a foundation to make informed financial decisions during their time at Stanford and in their careers and lives after the Farm. Calendar provides financial related events.

Stanford Department of Music

Calendar featuring free, virtual music events.

Office of the Vice Provost for Graduate Education (VPGE)

VPGE's initiatives and resources enrich students' academic experiences at Stanford by advancing diversity, preparing leaders, and positioning Stanford at the forefront of innovation in graduate education. Calendar provides fireside chats, concerts, and workshops.

Stanford Alumni Association

Learn, volunteer or socialize at an alumni virtual event. Calendar includes lectures, community, watch parties, and more.

General Wellness Resources

Study Spaces

Need a quiet study space? Thanks to GLO, students can reserve respite rooms.

Green Library also has spaces available by appointment.

Miscellaneous University Resources:

2020-2021 Stanford Student Health Matters

Community Centers (more on Community Centers)

Centers for Equity, Community, and Leadership

Office of Accessible Education (OAE)

Office of Accessible Education Registration

Well-being Coaching

Virtual Well-Being

Graduate Life Office (GLO)

Acts of Intolerance Protocol

Office of the Ombuds

School of Medicine Ombudsperson

Office of Graduate Education (OGE)

Office of the Vice Provost for Graduate Education

VPGE Stanford@Home

Sexual Violence On-Call University Support

Title IX Office

QSpot Online

Mind Over Money

Campus Resources for Each Flourishing Domain

Clinical Support:

Counseling and Psychological Services (CAPS)

Cardinal Care/Health Net Information

Well-being at Stanford

Vaden - immediate medical help

Vaden - immediate mental health crisis assistance

Health Net: (800) 250-5226

Mental Health Network: (800) 327-0307

International Mental Health Support through

Cardinal Care

Biosciences-specific:

BioPeers (Meet the BioPeers)

Centering Black Community Needs

Stanford Biosciences - Wellness Matters

Biosciences Wellness Events

Financial Support:

Emergency Grant-In-Aid

Biosciences Hardship Fund

Graduate Funding Options

Wellness Chair Communications:

August Wellness Newsletter

September Wellness Newsletter

October Wellness Newsletter

November Wellness Newsletter

By Logan Leak (SBSA Wellness Chair), Martha Kahlson and Oscar Diaz (BioAIMs Wellness Chairs), and Shelly Rasnick (Associate Director for Biosciences Student Life and Wellness)