


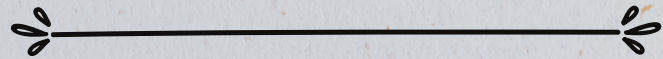
# The Bennington Bi-Weekly

September 21st, 2020 Issue

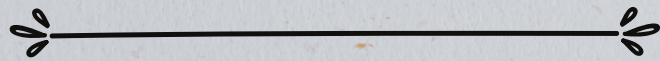


In this Issue:

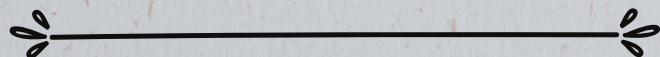
Vigilance During a  
Pandemic



3B: What is it?



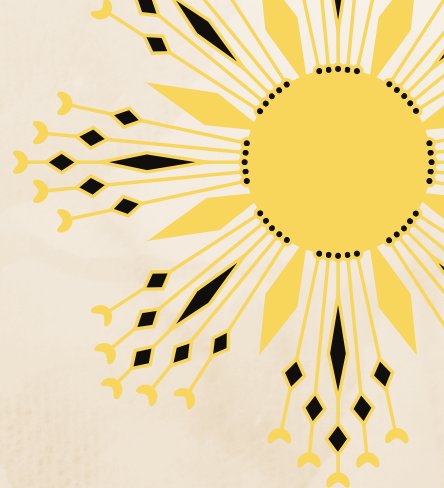
Mindfulness in  
a Digital Era



And much more!



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It is not beauty that  
endears, it's love  
that makes us see  
beauty.

LEO TOLSTOY





# Vigilance During a Pandemic

Nowadays, a new "normal" may be very hard to achieve...

yet, it's vital we find stability during this period of continual vigilance. A balance of stress relief and focus can be achieved even if it feels improbable.

Below are some tips and tricks to promote stress-reduction and safety as we continue through this period:





# Stay Safe Stay Vigilant

1

While the weather is pleasant, eat outside and socially distanced. This way you can enjoy the fresh air while you eat.

2

Hike one of the trails with a book and spend sometime outside. Meditate in the quiet, mask free, but have one on you just in case.

3

Carry a small bottle of hand sanitizer with you, and refill it from a larger one at home.

4

Wash your cloth masks regularly, and if possible, have clean mask available while the other is being washed. Reach out to us if you need resources!

5

Consider exploring yoga, which can be an arduous activity and a relaxing one where a mask is not too much of a burden. Try the Down Dog app for free!



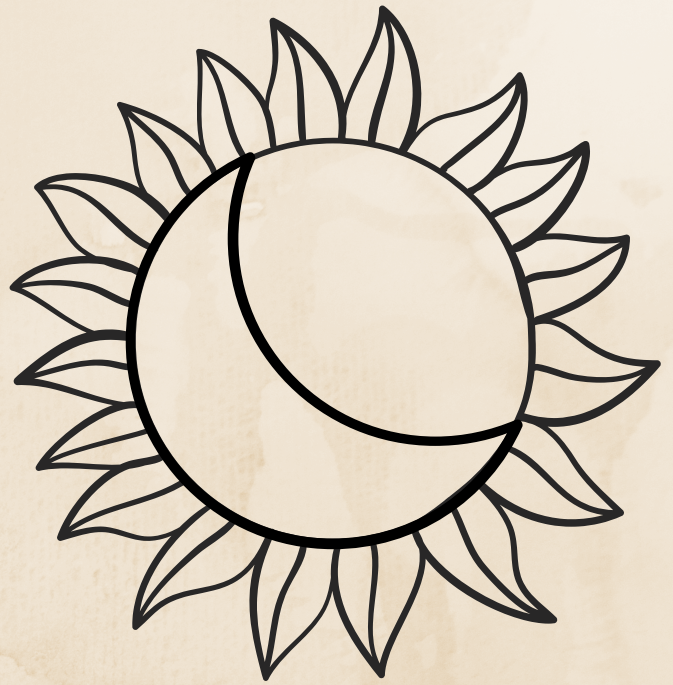
# 3 B Deliveries: What are They?

3 B Deliveries a.k.a.  
Bennington Brown  
Bag Deliveries is a *free*  
service that brings  
contraceptives right to your  
mailbox!





# Free Safer Sex Supplies!



3B will drop off unlabeled brown bags to your mail box with any requested and available contraceptives inside. This can include: condoms, lube samples, etc. There is a google form that can be filled out to put in a request.

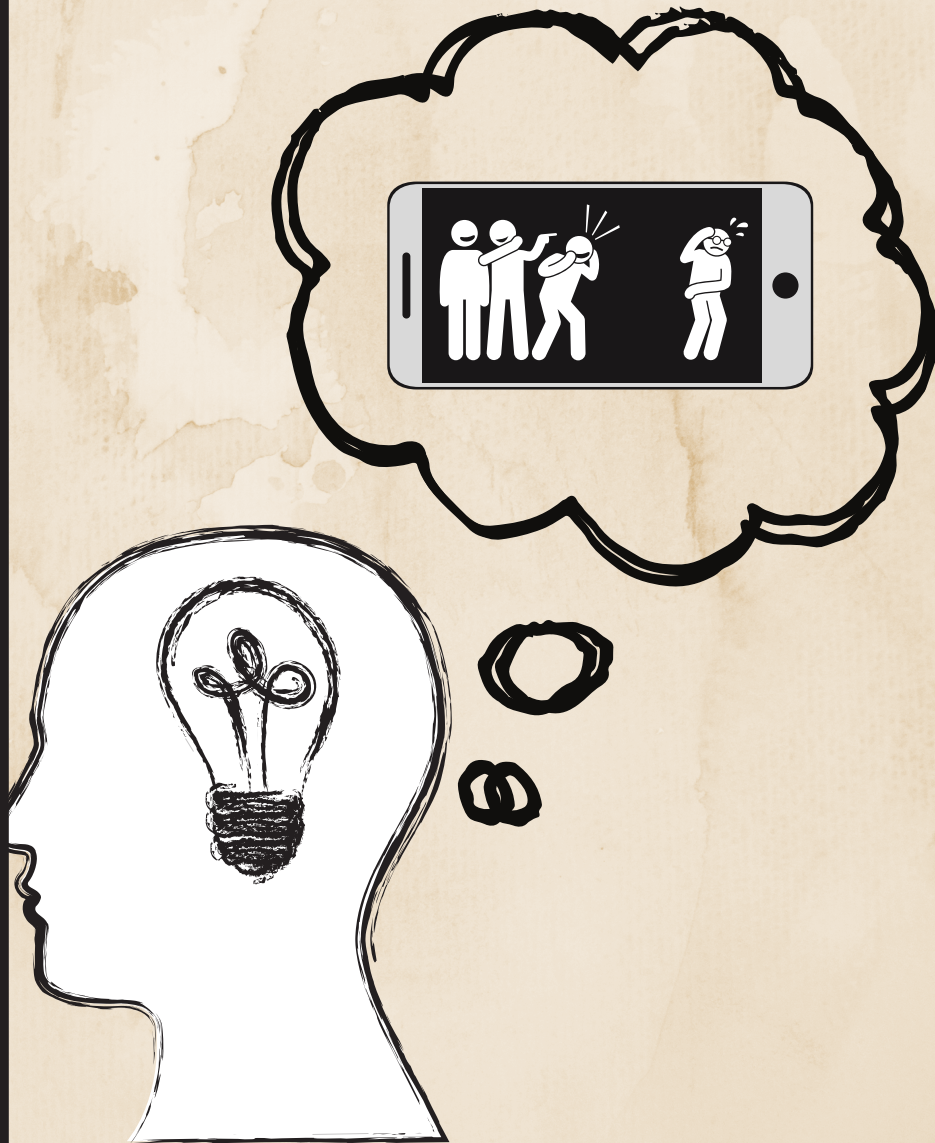
<https://forms.gle/16QM1U52MHqwmZSH8>

There is the opportunity for house chairs to receive the bags and distribute them to you, if you would like another discrete method of receiving your bag.

Safest activity at this moment is self-love or partnering with someone who you now has followed guidelines related to COVID-19 and using a mask!




Mindfulness in a



Digital Age





What does it mean to  
be mindful;  
especially when so  
much of our  
communication is on a  
digital format?

*just  
breathe*

*Meditate*

"Mindfulness  
...the ability  
to stay in the  
present  
moment"  
(Headspace).

"Love and  
compassion are  
necessities, not  
luxuries. Without  
them, humanity  
cannot survive."

— Dalai Lama XIV,  
The Art of  
Happiness



Mindfulness is a useful tool anyone can implement to bring stability and breath into their life.

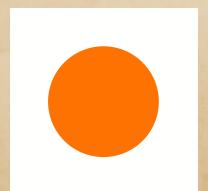
As the folks from Headspace put it "Mindfulness...can have numerous health benefits, everything from *decreased* stress and sadness to *increased* levels focus and happiness" (Headspace).

Headspace is a great, free app that has various free meditations on it, as well as some free study music and work out videos!

They have a Daily Wake up which is different everyday and also free! It contains a breathing exercise and an interesting explanation/story. For example, on house plant care or an aerial dancer's take on mindfulness.

Consider taking a  
look!!

headspace





# Upcoming Events and Information

## Health Observations Days for Your Calendar:

Sport Purple  
for Platelets  
Day:  
9/25/2020

National World  
Heart Day:  
9/29/2020

Women's  
Health and  
Fitness Day:  
9/30/2020

Down Dog is a Yoga and  
Fitness app that is currently  
completely free until  
January of 2021! Take a  
look for personalized and  
detailed workouts!



*App Spotlight*



# Upcoming Events and Information

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## **Mindfulness Wednesdays**

Held by Kat Daley, Rage Hezekiah, Penny Owen

Open to students, staff, and faculty

9:00-9:30am EST on Wednesdays

Zoom: ID: 99079887458, Password: 340246

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Below is a list of all of the student groups happening. There are open to all students, on campus and virtual!

“There is no exercise better for the heart than reaching down and lifting people up.”

— John Holmes





BENNINGTON COLLEGE  
STUDENT GROUPS  
FALL 2020

**FLOWING WITH YOUR POWER: SUPPORT AND EMPOWERMENT GROUP FOR FLOW STUDENTS**

WITH KAT DALEY AND JOCELYN SALCEDO

MONDAYS 12:00-1:00 EST

[HTTPS://BENNINGTON.DOXY.ME/KAT](https://bennington.doxy.me/kat)

**MINDFULNESS WEDNESDAYS**

START YOUR DAY WELL WITH KAT DALEY, RAGE HEZEKIAH, AND PENNY OWEN

OPEN TO STUDENTS, STAFF, AND FACULTY

9:00-9:30AM EST ON WEDNESDAYS

ZOOM: ID: 99079887458, PASSWORD: 340246

**SURVIVORS SUPPORT GROUP**

WITH ALI TARTAGLIA

WEDNESDAYS 7PM TO 8PM EST

ZOOM MEETING ID: 4424345023

(US) +1 929-205-6099

**SUPPORT GROUP FOR INTERNATIONAL STUDENTS STUDYING ON CAMPUS AND REMOTELY**

WITH RAGE HEZEKIAH AND HEIDIE VAZQUEZ-GARCIA

FRIDAYS 3:00 - 4:00 PM EST

ZOOM MEETING ID: 941 9234 3786, PASSCODE: 424564

**BETTER TOGETHER SUPPORT GROUP**

WITH ALI TARTAGLIA AND KAT DALEY

SATURDAYS AT 2PM-3PM EST

ZOOM MEETING ID: 4424345023

(US) +1 929-205-6099

ALL ZOOM MEETINGS AT [HTTPS://BENNINGTON.ZOOM.US](https://bennington.zoom.us) ENTER ZOOM ID AND PASSCODE IF REQUIRED.

**OFFICE OF STUDENT HEALTH  
PROMOTION**





Check out our Weekly  
Themes below to see what  
type of content will be up on  
our social media!!



Bennington  
Student  
Health  
Promotion



bennington  
student  
healthpromo



btonhealth  
promo



# Weekly Themes!



TEMPERAMENT



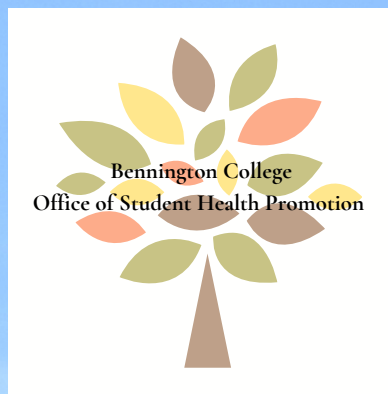
TUESDAY





# Thank you for reading!

## Keep your eyes out for our next issue!!



### Resources

- Headspace: <https://www.headspace.com/mindfulness>
- Down Dog: <https://www.downdogapp.com>

### Works Cited

Goodreads. Compassion Quotes (3241 quotes).

Goodreads. <https://www.goodreads.com/quotes/tag/compassion>.

HEADSPACE INC. The science-backed benefits of mindfulness. Headspace.

<https://www.headspace.com/mindfulness>.

3 B Deliveries Link:

<https://forms.gle/16QM1U52MHqwmZSH8>