



# Getting to Good

From thoughtful questions to mindful practices and spirituality  
Getting to Good offers ways to find balance and thrive throughout the academic year.

Copies available at the Student Center Desk

## LEND YOUR SUPPORT

Offer practical support to someone who is overwhelmed, stressed or struggling with some type of hardship. Take them a coffee or tea, lend your ear and truly listen without judgement or a prepared response, go for a walk together in the fresh air.

## SUPPORT YOURSELF

Identify one supportive phrase you wish you had heard more growing up. Find time daily, perhaps twice a day, to repeat this phrase to yourself.

## VIRTUAL SUPPORT

Share an encouraging YouTube video or meme with someone who could use a virtual pep talk. Need one yourself? Ask a friend to share one with you.

Looking for inspiration?  
Check out Karma Tube

## Metta Meditation

Also known as a loving-kindness meditation, practicing this helps you to develop compassion, care, and love toward yourself and others. Several phrases are silently repeated, first directed inward to yourself and then outward toward a person or person whom you wish to focus. Make sure you are sitting somewhere quiet and comfortable before you start.

Close your eyes and take several deep breaths.

Focusing inward, create an image of yourself in your mind. Slowly and gently repeat to yourself "May I be happy. May I be well, May I be free of pain and sorrow. May I be at peace."

Repeat this several times over and over.

Next, focus on someone else. A friend, family member, dorm-mate, it's up to you.

Again, create an image of them in your mind and then repeat to yourself

"May you be happy. May you be well. May you be free of pain and sorrow. May you be at peace."

Refocus the meditation on other people in your life, finishing when it suits you.

### SMALL ACT. BIG IMPACT.

Try the following activities, like how you feel? Make it a habit to do these daily.

List five things that regularly make you smile.

Look around right now. What are you grateful for in your current surroundings?

Put on your favorite song and dance freely. Keep going until you are smiling.

Take a picture of something beautiful.

What are a few small miracles you have witnessed recently? Write them down.

