4 Weird Things that Happen to Your Body as Daylight Hours Decrease and what to do about it.

Weird Thing 1: Your brain may feel a bit fuzzy as summer eases into fall. What you can do about it: Even just 15 minutes of midday sun could stimulate the neural pathways necessary to get you back in prime thinking mode.

Weird Thing 2: Because of the human body's finely tuned circadian rhythm, earlier sunsets typically lend themselves to earlier bedtimes. What's a night owl to do? What you can do about it: Let it go: Researchers behind the study that found this correlation saw earlier bedtimes as a good thing! Besides, it's been shown that sleep is the #1 predictor of GPA!

Weird Thing 3: You may feel less inspired to exercise. What you can do about it: Counteract your natural inclinations by signing up for an exercise class in advance.

Weird Thing 4: You're more susceptible toward feeling blue. What you can do about it: Soak up some sun during the day; consider purchasing a purchasing a natural-spectrum energy lamp. Take brisk walks. Notice nature!

Source: http://www.rd.com/health/wellness/shorter-daylight-effects/

Stop where you are.
Close your eyes.
Do nothing.
Sense your heart's pulse.
Let thoughts float by.
Notice your breathing.
Repeat.

Check out my Wellness Blog at: http://sophia.smith.edu/blog/wordsofwisdom/
October 2016

SUNDAY
Outdoor Adventure ALL activities: 4-6pm & meet at the boathouse! Register by emailing: outdoors@smith.edu

Gallery of Readers
Supporting local writers
4pm, Neilson Browsing

Every MONDAY
Mindful Mondays
Participate in a super-short contemplative exercise, eat a free lunch & have a brief, informal, facilitated conversation w/ faculty or administrator guest each week. 12pm-1pm CC204

Every TUESDAY
Outdoor Adventure
Afternoon hikes: Meet at 4:30pm at the boathouse. No experience or registration required!
outdoors@smith.edu

Rock Climbing Clinics, Free! 4-6pm

Every WEDNESDAY
Local Hiking along the Holyoke Range, 4:30-6:30pm
Meet at Boathouse

For all Outdoor Adventure activities:
Meet at the boathouse 4:30-6:30pm, Register by emailing: outdoors@smith.edu

Every THURSDAY
Soup, Salad & Soul
Informal discussions and homemade lunch
12:15-1pm, Bodman Lounge, Chapel

SEC Movie Night
Weinstein Auditorium
7:30pm, https://smith.collegiatelink.net/organization/sec

Every SATURDAY
Smith-To-Do
Art & Crafts Projects (Always free!)
Davis Ballroom, 9pm
http://www.smith.edu/ose/programs_to-do.php

SEC Movie Night
Weinstein Auditorium
7:30pm, https://smith.collegiatelink.net/organization/sec

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October 2
Sage Chamber Music Society Concert
3pm, Sweeney Hall

The Naked I: Self-Defined, 7pm
Weinstein Aud.
A new play from 20% Theatre Company in Minneapolis that explores queer, trans-gender, and gender non-conforming experiences through monologues, short scenes, and spoken word poems.

October 3
Flu Clinic
1-3pm, Schacht Center

October 4
Gail Mazur’59 Poetry Reading
7:30pm, Paradise Rm, ConfCtr

October 10-11

October 12
Music in the Noon Hour: Albeniz and Ravel
12:30pm, Sweeney

October 18
Flu Clinic
10-12pm, Schacht Center

October 19
'Speaking of Design' Speaker Series, 4:30pm
Graham Hall

October 24
Green Tara Meditation, Dewey Common Rm 4:30-5:30pm

October 25
Green Tara Meditation, Dewey Common Rm 4:30-5:30pm

October 26
Pet-A-Pet Day!
12-1:30pm, Schacht Center-Lawn

Green Tara Meditation, Dewey Common Rm 4:30-5:30pm

October 27
Jittery’s Live! Presents: Tica Douglas
9pm, CC TV Lounge

October 28
Green Tara Meditation, Dewey Common Rm 4:30-5:30pm

October 1
Whitewater Rafting!! 11am-5pm
Meet at Boathouse.

Volleyball vs Western N.E. 2pm

October 8-10
Fall Break Backpacking Trip ($10)

To register, email: outdoors@smith.edu or stop by boathouse.

October 22
Family Weekend
River Walk, 10-11:30am. Meet at Boathouse. No pre-registration!