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CAIRNS WEEKLY NEWSLETTER

Happy Monday!

We hope you all had time to relax during the Thanksgiving break. As you all wrap up your academic semesters, please take this newsletter as a gentle reminder to set aside some time for yourselves (even if it's just 5 minutes). Please don't forget to care for your mental and physical wellness as well! Feel free to reach out to me (meilin.chan@duke.edu), Nicki (nicolette.cagle@duke.edu), or your mentor/mentor group leader at any time.

Below are some ways to be mindful of your mental and physical wellness - even taking 2 minutes of time for yourself can help reduce stress and improve focus.

Taking care of mental wellness

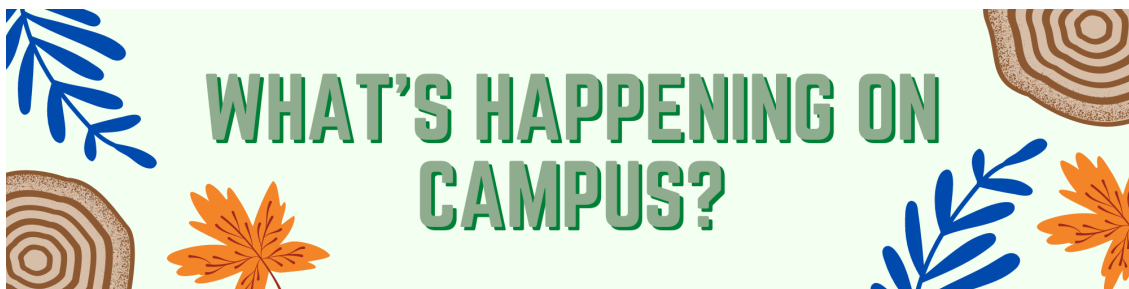
- Mindfulness/Guided Meditation - Headspace
 - Under 4 minutes
 - [Let Go of Stress](#)
 - [Unwind](#)
 - [Finding Focus](#)
 - [Appreciate Nature](#) - best if you are outside
 - [Setting Intention For the Day](#)
 - Longer videos
 - [Meditation for Frustration \(10 minutes\)](#)
- Help with Relaxing/Falling Asleep
 - [Nothing Much Happens](#) - podcast episodes telling relaxing stories to help you fall and stay asleep
 - Also on Spotify, Apple Podcasts, and anywhere else you listen to podcasts

Taking care of physical wellness

- Accessible yoga videos of various lengths - Yoga with Adrienne (BONUS: sometimes her dog makes an appearance!)
 - [Yoga for stress relief](#) (~7 min)
 - [Calming Yoga](#) (~20 min) **features dog!
 - [Bedtime Yoga - help with relaxing/falling asleep](#) (~20 min)
 - [Yoga for anxiety/stress](#) (~30 min)
 - Link to Playlists with videos of various lengths
 - [10 min](#)
 - [10-20 min](#)
 - [20-30 min](#)
 - [30-45 min](#)
 - [45-60 min](#)
- Getting Outside - create physical space away from your study space
 - This could be going on a walk around campus, getting off campus and stopping by your favorite coffee shop, or even simply stepping out of wherever you are studying and standing outside for 5 minutes
- Set reminders to take breaks for meals - as cheesy as it sounds, nourishing your body helps to nourish your mind.

There are plenty more ways to destress from watching ASMR slime videos, drawing/coloring, watching an episode of your favorite TV show, or having a meal with a friend. Whatever it is you do to destress, give yourself room and time away from academics this week!

Best of luck to all of you with wrapping up your fall semesters!



The Nicholas Institute has a [calendar full of events](#) for the upcoming semester! Check out these happening this week:

Wednesday, Dec. 8 @1pm

In the technical presentation, Motoko Aizawa (Observatory for Sustainable Infrastructure) will be speaking on “**Inclusiveness: A Pathway to Sustainable Infrastructure.**” Paramita Datta Dey (National Institute of Urban Affairs, India) will then deliver a case presentation on “**Affordable and sustainable water, sanitation, and hygiene (WASH) solutions in India.**” As always, the session will include interactive activities such as polling, breakout sessions, and Q&As to allow an exchange with the presenters and colleagues.

[Register Here](#)

Opportunity for those interested in Geoscience (not affiliated with Duke)
- [AGI Scholarship for Advancing Diversity in the Geoscience Profession](#)
([americangeosciences.org](#))

The scholarship this year is a one-time award of \$5000. The scholarship is available for geoscience students entering a geoscience graduate program for the first time and identifies as a member of an underrepresented community (Black, Indigenous, Person of Color) and either a U.S. Citizen or permanent resident. The scholarship is payable once the student is matriculated into a geoscience graduate programs. Applicants can be no more than 2 semesters from entering graduate school. Candidates will be reviewed based on their academic merit and potential for a successful career in the geosciences.

The application deadline for the 2022-2023 academic year is February 13th, 2022. Those interested can also reach out to Christopher Keane, the scholarship coordinator, at keane@americangeosciences.org.



Have an event or news you want to share with the rest of the cohort? Email what you'd like to share to meilin.chan@duke.edu!

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