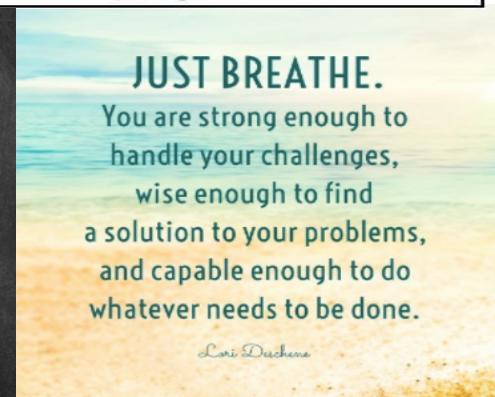




# January



Tomorrow  
is the first blank page  
of a 365 page book.  
Write a good one.  
— Brad Paisley



## FIVE WAYS TO WELLBEING



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR MOOD

### Online Incident Reporting

If you see unsafe behavior, a student who is being mistreated, or if you experience mistreatment at DPM, please report it! Go online to the DPM homepage and click "INCIDENT REPORT"

We strive to make DPM the best place it can be! We need your help in this effort.

**DIVERSE  
INCLUSIVE  
ACCEPTING  
WELCOMING  
SAFE SPACE  
FOR EVERYONE**

### To Make New Year's Resolutions or Not?

Research suggests that only about 8% of people actually stick to their New Year's resolutions. That said, we should focus on making small, incremental changes to whatever it is we wish to improve. In order to give yourself the best chance at making your resolutions stick in 2018, make it a habit to write down your resolutions, or goals and put an action associated with the goal in your calendar. Lastly, make sure your resolutions are in a place where you can see them regularly. HAPPY 2018!

#### Most Common New Year's Resolutions:

Enjoy life to the fullest

Stay fit & healthy

Spend less, save more

Spend more time with family & friends

Get organized

Learn something new / new hobby

Travel more

Read more