



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

— Brad Paisley

JUST BREATHE.

You are strong enough to
handle your challenges,
wise enough to find
a solution to your problems,
and capable enough to do
whatever needs to be done.

Lori Dechene

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.

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

