

Words of Wisdom Videos

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Words of Wisdom Videos



Sunday, January 30, 2022 - 12:00am to 11:45pm
New Haven , CT

We all could use some Words of Wisdom right now. [Diane Frankel-Gramelis](#) [1], Student Wellness Counselor at the Yale School of Public Health, is releasing weekly videos with her words of wisdom for us to reflect upon.

These short videos address stress, mental health, wellness, and helpful tips for prioritizing what matters.

[You can find her videos here](#) [2], and we will continue to add to these with you throughout the semester.

A big thank you to Diane for her willingness to share these videos with our entire international community.

Do you need additional support? Reach out to the [Good Life Center](#) [3] or [Yale's Mental Health and Counseling](#) [4] team.

[Register Here](#) [5]

Visibility: 0.00

On Demand?: On Demand

Sort Date: Sunday, January 30, 2022

End date: Monday, August 16, 2021

Audience: Students

Scholars

Families

Departments

Source URL: <https://oiss.yale.edu/calendar/events/words-of-wisdom-videos>

Links

[1] https://medicine.yale.edu/profile/diane_frankel-gramelis/ [2]

<https://yale.box.com/s/8gm3p6c0pi8nf4ztwmsqubjtv27ezath> [3] <https://goodlifecenterat Yale.com/glc-team> [4]

<https://yalehealth.yale.edu/directory/departments/mental-health-counseling> [5]

<https://yaleconnect.yale.edu/OISS/rsvp?id=964869>