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.


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/8gm3p6c0pi8nf4ztwmsqubjt27ezath