WELLNESS POP IN'S

A little bit of Wellness for your week

WELLNESS RESOURCES: CALM APP

Calm is a subscription based app is offering a collection of resources to help individuals "take care of our minds and stay grounded". They are offering a curated selection of meditations, sleep stories, music, and other collections to help support mental and emotional wellness during the time of COVID-19.

The selection includes: soothing meditations, sleep meditations, sleep stories, calm music, calm body, calm masterclass, calm kids, mindfulness resources, and practices to find ease.

To find more information about the Calm app free resources here.

CHALLENGE OF THE WEEK:

SETTING BOUNDARIES WITH YOUR SCREEN TIME

USE THE HASHTAG #HMCWEEKLYCHALLENGE OR POST ON THE MUDD APP TO SHARE THAT YOU'RE TAKING THE CHALLENGE AND CONNECT WITH OTHER HMC STUDENTS

With the move to online learning, many students, faculty, and staff are spending more time on their screens than ever before. It is important to ensure that you are setting time to step away from your technology and disconnect.

On iOS, you can set Downtime (scheduled time away from the phone where only certain apps and phone calls are allowed), app limits (set time thresholds for each app), and communication limits (limits apply to phone, Facetime, and iCloud).

It is very easy to be inundated with so much information while always on the screen. Take the challenge to set boundaries, practice your hobbies, spend time with loved ones, go outside, and other activities that take you off your screen.
Mudd Reacts with Sid

Join Sid for weekly videos posted every Sunday featuring YOU! Every week, send your videos, art, music, or whatever cool things you're doing to srastogi@hmc.edu to be included in the next week's issue. From there Sid will compile the videos, post his reactions and share those videos with you. Keep the spirit of the Mudd community alive and share what you're doing with your fellow Mudders.

Book Club with Lorenzo

Book club with Lorenzo is still happening! Join us in reading the book Emergent Strategy Fridays at 12:30pm PST on Zoom. If you would like to join book club, please email us at wellness@hmc.edu and we can give you the zoom information.
Virtual Wellness Classes-Starting this week!

ALL CLASSES WILL BE HOSTED LIVE ON YOUTUBE CLICK HERE FOR THE HMC WELLNESS CHANNEL

MEDITATION MONDAYS WITH DEAN MICHELLE
Time: 11am PST
Description: Start your week off with a guided meditation practice by Dean Michelle
RSVP Link: https://forms.gle/qTpVZ1YbYFt2FC8e7

TUESDAY NO WEIGHTS NEEDED WORKOUT WITH DC
Time: 4pm PST
Description: Now is your chance to work out with DC! No weights or equipment are needed for these body weight based exercises
RSVP Link: https://forms.gle/rGjCfC3LjsoscXtLA

WEDNESDAY YOGA WITH DEAN MICHELLE
Time: 11am PST
Description: Go with the flow and join Dean Michelle for a yoga workout
RSVP Link: https://forms.gle/cB2iVG1JqWBfomXQ7

THURSDAY BARRE WITH LEAH
Time: 4pm PST
Description: Grab a chair, your desk, or something to hold on to and join Leah for a ballet based barre class
RSVP Link: https://forms.gle/ua9DNXa4YabZeN5x9

FRIDAY YOGA WITH DEAN MICHELLE
Time: 11am PST
Description: Finish off your week with a yoga class to get you stretched out and ready for your weekend
RSVP Link: https://forms.gle/cB2iVG1JqWBfomXQ7
RESOURCES

For more information, please visit the following links

We are still here for you!
Schedule a Zoom support meeting with Dean Michelle [here](#)

CORONAVIRUS INFORMATION

OFFICE OF HEALTH AND WELLNESS

THE CLAREMONT COLLEGES MONSOUR COUNSELING AND PSYCHOLOGICAL SERVICES

We are still here for you!
Schedule a Zoom support meeting with Dean Michelle [here](#)