

OHW PRESENTS

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

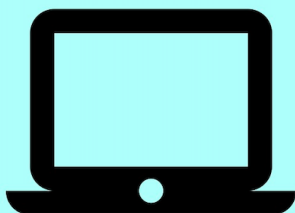
To find more information about the Calm app free resources [here](#).

CHALLENGE OF THE WEEK:

SETTING BOUNDARIES WITH YOUR SCREENTIME

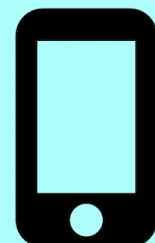
USE THE HASHTAG #HMCWEEKLYCHALLENGE OR POST ON THE MUDD APP TO SHARE THAT YOU'RE TAKING THE CHALLENGE AND CONNECT WITH OTHER HMC STUDENTS

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



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

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)



WELLNESS PEER PROGRAMS

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**

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