MANAGING MENTAL HEALTH IN A TIME OF CRISIS

WELLNESS RESOURCE: NAMI

It is common to feel stress and anxiety during a time of crisis. It may also be especially hard for those that already have trouble managing feelings of anxiety or emotional distress. NAMI (the National Alliance on Mental Illness) has published a resource guide for managing stress and anxiety during COVID-19. You can find their full resource guide here, but these are their following recommendations:

- manage how you consume information,
- follow healthy daily routines as much as possible,
- take care of yourself through exercise and movement,
- practice relaxing in the present moment,
- and stay connected with others and maintain your social networks

CHALLENGE OF THE WEEK:

COOK A HEALTHY MEAL

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

**Cooking while at home can be a challenge, especially when you only have so many ingredients and do not know what belongs together to form a cohesive recipe. The additional challenge of knowing if a recipe is healthy can lead to additional stress.**

The free application "Superclock" allows you to input all of the ingredients you have at your disposal. From there it will give you numerous recipes, step-by-step videos and other tools necessary for you to create MasterChef worthy meals that can be made with as little as 5 ingredients.

**We are challenging you to look at what you have at your disposal in your fridge and in your kitchen and cook a healthy meal. Eating healthy is a fundamental element to well-being. There is a strong link to eating well, healthy weight, reduced chronic disease risk, and overall health.**
Cooking Time with Toty

Join Toty for weekly videos showcasing how to cook healthy meals and snacks! Each week she will include a new recipe for you to follow along. During the video, she will also be highlighting common healthy substitutions for various components of the recipe. She will also be highlighting some of your recipes, so if you have any recipes you would like Toty to try, send them to tcalvopan@mail.hmc.edu.

Emotional Intelligence Series

Register for E.I! The 5-week online series with wellness will explore concepts focused on Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance. The series will take place Wednesdays at 4pm PST, beginning April 15th! Register Here.

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@email.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.
Virtual Wellness Classes

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/cB2iVC1JqWBFoMXQ7

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/cB2iVC1JqWBFoMXQ7
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**