

OHW PRESENTS

WELLNESS POP IN'S

A little bit of Wellness for your week

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 "Supercook" 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



WELLNESS PEER PROGRAMS

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 tcalvopolanco@g.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@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/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**