WELLNESS POP IN'S

A little bit of Wellness for your week

MENTAL HEALTH RESOURCE

WELLNESS RESOURCE: RE-CENTERING IN TIMES OF UNCERTAINTY

Collectively, the world is in a state of uncertainty. The guided meditation series created by Alexandra Elle, on the platform InsightTimer, was created to help you re-center in times of fear, chaos, and uncertainty. The curated collection is free to utilize and offers anxiety meditations, stress & anxiety combination meditations, energy-based inventories, meditations to aid with concentration, and meditations focused on breathing. You can find the curated collection here.

CHALLENGE OF THE WEEK:

PHYSICAL DISTANCING NOT SOCIAL DISTANCING

TEXT/CALL/FACETIME A FRIEND OR LOVED ONE YOU HAVEN'T SPOKEN TO IN A WHILE

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

Social distancing is the term utilized globally to stress the importance of staying 6 feet apart, not gathering in large groups, and staying out of crowded places. However, the term physical distancing is a more accurate term.

friends

While it is necessary to be physically distant from others during this time, we should not become socially distant. Everyone reacts differently to stressful situations and now is not the time to be socially distant from others.

It is very important to stay in touch with friends and family during this time. Call, video chat, or stay connected through social media. Check in regularly with your loved ones and ensure that they and you have everything needed to be emotionally well in a time of crisis.
Poetry of the Week

Writing and journaling are important ways of expressing emotions and processing feelings during times of crisis. Each week we will be featuring a poem of the week chosen by Inci. Each poem will also be accompanied by a writing prompt to inspire you to begin writing on your own. Check out this week's poetry spotlight, a work called "Spots" by Ariel Bissett.

Writing Prompt of the Week

Pick five periods, ages, or moments from your life - they can be spread out or all clustered together. Don’t think too hard on your choices, just write them down. Then think about your spots during those periods. Where were you during those moments? Where did you spend most of your time? Is there a specific story, person or event that made you think of the period/age/moment? Write down your answers and see if you can write poetry during your brainstorm. If you would like to share your work, you can email Inci at ianali@g.hmc.edu and your work could be featured in the next episode!

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 show you 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.
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

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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