

OHW PRESENTS

# 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



# WELLNESS PEER PROGRAMS

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## 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](mailto: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](mailto: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>

# RESOURCES

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*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**