

OHW PRESENTS

# WELLNESS POP IN'S

*A little bit of Wellness for your week*

## COMMUNITY RESOURCE: 2-1-1

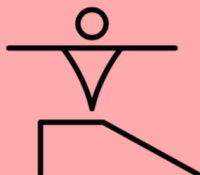
2-1-1 is the most comprehensive source of locally curated social services information in the United States and most of Canada. Contacting 2-1-1 LA is free, confidential, and accessible in 140 languages. For every contact, 2-1-1 assesses a client's needs, asks questions and anticipates things they may not even be aware are needed or available. Then they provide the best referrals from an up-to-date resource database of over 50,000 services. They help connect individuals with services and resources in the following areas: housing, transportation, health care, mental health, crisis services, substance use disorder, domestic violence, LGBT and legal assistance.

## CHALLENGE OF THE WEEK:

### STAYING ACTIVE IN A VIRTUAL WORLD

**STRETCH AT LEAST ONCE PER HOUR WHILE AT YOUR DESK FOR EXTENDED PERIODS OF TIME  
USE THE HASHTAG #HMCWEEKLYCHALLENGE OR POST ON THE MUDD APP TO SHARE THAT YOU'RE TAKING THE  
CHALLENGE AND CONNECT WITH OTHER HMC STUDENTS**

Working at a computer often involves very little movement and changes in body positions. Lack of movement can lead to muscle pain and strain. Places that can build up a lot of tension include: neck, shoulders, hands, forearms and back



Taking a few minutes every hour to stretch can be a great way to clear your head and can also prevent fatigue of the body and mind. It can be a mood enhancer, improve your circulation, better your posture, and increase your productivity

Although at first it may seem counterintuitive to take a break to improve your workflow and productivity, taking 10 minutes every hour can help you shed off some of your stress, get your blood pumping and allow you to come back to your work with a clear mind.



# WELLNESS PEER PROGRAMS

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## Poetry of the Week

Each week we will feature a poem/spoken word of the week that is chosen by Inci. If there is a poem/spoken word you would like featured, please email [ianali@g.hmc.edu](mailto:ianali@g.hmc.edu) to have it featured in a future pop-in. Check out this week's poetry spotlight, a work called "[The Pursuit of Happiness](#)" by YesReneau. It highlights the different types of happiness and what pursuing it means.

## Writing Prompt of the Week

Turn on some quiet instrumental music and free write for 5-10 minutes about what "happiness" means to you. Then think about in what ways you pursue happiness in your life (what methods do you use and/or actions do you take)? What factors influence your pursuit of happiness and can you change any of them? 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 issue!

## 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**