

OHW PRESENTS

WELLNESS POP IN'S

A little bit of Wellness for your week

WELLNESS RESOURCE: [CREATIVELIVE.COM](https://creativelive.com)

CreativeLive is an online platform which boasts a library of 1,500+ classes ranging from fundamentals to advanced techniques in the following categories: photo & video, money & life, art & design, craft & maker, and music & audio. Some of the content on this site is subscription based, but they have introduced CreativeLive TV: "a live video feed to entertain, inspire and connect us all". CreativeLive TV is a free 24/7 variety show which hosts musical performances, crafting, live Q&As, cooking, spoken word, drawing and more. As classes are coming to an end, now is the time to pick up some hobbies, and CreativeLive is a great option to help you find one.

CHALLENGE OF THE WEEK:

AS TEMPERATURES RISE, SO SHOULD YOUR WATER CONSUMPTION!

MAKE SURE TO DRINK AN ADEQUATE AMOUNT OF WATER EVERY DAY

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

Water is the main component of the human body, and it is important that you drink adequate amounts of water each and every day. Especially as temperatures soar outside, more water is lost and needs to be replenished. Exercise, the environment and overall health are all factors in how much water is needed by your body

Water is involved in: carrying nutrients and oxygen to your cells, flushing bacteria from your bladder, aiding digesting, normalizing blood pressure, stabilizing heartbeat, cushioning joints, protecting organs and tissues, regulating body temperature and maintaining sodium balance

The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is approximately **15.5 cups** of fluids for men and **11.5 cups** of fluids for women. This recommendation covers fluids from water, other beverages and food. You know your body best, so drink water when you feel thirsty and stay hydrated!

WELLNESS PEER PROGRAMS

Poetry of the Week

Check out this week's poetry spotlight, a work called ["The Last Lines of Emails I've Received While Quarantining"](#) by Kasumi Yamazaki. It is a in response to a poem written by Jessica Salifa titled, ["The First Lines of Emails I've Received While Quarantining."](#)

Especially in this time of uncertainty,
as we navigate this crisis together,
I am willing to share whatever I have.
As you know, we will get through this.

I know we are all hoping to return to normal,
What do you think?
Carry on! Let us know how we can help.
As we know, we will get through this.

We hope you are keeping well.
We are so thankful for the tireless work you all do.
Here are some things that might help:
As you know we will get through this.

I hope you continue to heal and take it easy!
Can't wait to see you in the fall! Much love.
Take care of yourself. You have been very missed.
As you know, we will get through this.

Continued wishes for good health and safety during this challenging time.
Stay strong, reach out for help when you need.
Remember that you are not alone.
As we know, we will get through this.

How are you feeling? Thinking of you and your families.
Although we don't know what's next,
Just putting this out there. Be well all.
As we know, we will get through this.

As we continue to do our part,
Wildflowers on the verge. The Himalayas are visible.
An issue has been published.
As we know, we will get through this

Stay safe and if you have the ability to do so, stay home.
To all those who do not have the luxury to stay home, know this: you are leading the way, and
we are with you.
I miss you too.
As you know, we will get through this.
This is us

WELLNESS PEER PROGRAMS

Writing Prompt of the Week

Poetry has been a common source of comfort and expression during the coronavirus pandemic and while in quarantine. Look through the emails and text messages you have sent and received throughout the quarantine and see if you can put any of them together to form a poem similar to those highlighted in our spotlight. Email wellness@g.hmc.edu if you would like your work featured in a future issue or on our social media!

Bujo with Sega

Have you ever wanted to create your own bullet journal? Join Sega for a second installment of "Bujo with Sega" where she will show you how to create simple bullet journal templates. Her first video is live on the HMC Wellness YouTube and highlights how to make a simple and easy Habit Tracker!

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>

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**