

Wellness Wednesdays

A weekly message to foster wellness within the PCC community.

These are challenging times. We are all faced with carrying out our work in ways to which we might not be entirely accustomed. In addition, many of us are struggling to balance that work with various other responsibilities and concerns that we experience in our daily/personal lives. While we might not feel full control over our current realities, there are resources, tools, and practices that can help us achieve greater comfort, connection, and wellness.

In that spirit, the Office of Professional Development will facilitate the distribution of a weekly wellness message to PCC employees for the remainder of the Spring semester. These messages will be brief. They will draw on expertise and resources from within our community (to the extent those folks can assist) as well as point to some supports from the broader landscape. Here are a few things to get us started...

PCC Virtual Yoga Series

Patty Bellali (Athletic Trainer and Yoga Instructor at PCC) has agreed to produce a four-part virtual yoga series, specifically for our PCC community. The first installment takes participants through a *grounding and calming* sequence and is available [here](#).

Resource for Working Remotely

The American Psychiatric Association's Center for Workplace Mental Health has published a resource providing practical tips for *sustaining mental health and well-being during this time of working remotely*. Thank you for this recommendation, Dr. Jason Vasquez (Psychologist, Personal Counseling at PCC). The article can be found [here](#).

Positive News

This online publication highlights some of the good things taking place around our world. If you find yourself in need of some *Positive News*, click [here](#).