

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 your Wednesday going in a positive direction...

PCC Virtual Yoga Series

Patty Bellali (Athletic Trainer and Yoga Instructor at PCC) is producing a four-part virtual yoga series, specifically for our PCC community. The *second installment* takes participants through an *opening* sequence and is available [here](#).

Resource for Managing Anxiety

Dr. Jason Vasquez (Psychologist, Personal Counseling at PCC) has identified a resource outlining *tips for managing anxiety* during our current context. The article can be found [here](#).

Tools for Staying Grounded

The team that brought us the *Calm app* is providing free access to a curated collection of their tools. These resources can help us “take care of our minds and stay grounded.” I personally recommend the Lunar Lullaby, which is available as part of Calm Music. Check out these free tools [here](#).