

# 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 *third installment* takes participants through an *energy building* sequence and is available [here](#).

## Resource for Talking to Children

Dr. Jason Vasquez (Psychologist, Personal Counseling at PCC) has identified a resource outlining *tips for talking to children about the coronavirus*. The article can be found [here](#).

## Tool for Cooking With Whatever You've Got

Priya Venkatesan (Nutrition Instructor at PCC) has shared a resource from *epicurious* that helps you make meals with the items you already have on hand. Check out this useful tool [here](#).