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CLOSING
WELCOME!

The Healthy Hottie Handbook
A Guide for us, by us
Brought to you by Our Health Matters

This book was created in order to continue our commitment in prioritizing and supporting black women’s mental, physical, professional and personal health. Over the past few months, COVID-19 has brought immense anxiety, disruption, and hardship. We have created this handbook to help our healthy hotties live their best lives during this unprecedented time. From mental health apps and fitness routines, to internship opportunities and ideas to pass the time, we hope this handbook provides you with a plethora of ways to take care of yourself amidst all this madness. Stay safe, stay healthy, and stay beautiful, queens! We are here for you!

xoxohm
SECTION 1: PRACTICAL RESOURCES

- What is COVID-19?
- Preventing/limiting exposure to COVID-19
- Coping with COVID-19
- Educational Support & Online Platforms
- Financial Support
WHAT IS COVID-19?

COVID-19 (short for Coronavirus Disease 2019) is a respiratory illness that can be spread person to person. It is important to note that COVID-19 is not the same as previously identified coronaviruses that are common in humans and usually cause a mild illness, such as a cold. The known symptoms of COVID-19 include fever, cough, and shortness of breath. These symptoms may become apparent between 2 to 14 days after exposure. Here are some things to know about how the virus spreads:

- In terms of person-to-person spread, it can happen if a person is within 6 feet of an infected individual or when an infected person coughs or sneezes.
- Even if an infected person is not visibly sick or experiencing symptoms, it does not mean that they are not contagious, but the symptomatic phase is thought of as the most contagious phase.
- The virus can spread from contact with a surface that has the virus on it before touching one’s own mouth, eyes, or nose.
HOW DO I PREVENT/LIMIT EXPOSURE?

Because there are no current vaccines for COVID-19, everyone should take certain preventative measures during this time to limit the opportunity for exposure:
Wash your hands often with soap and warm water for at least 20 seconds (if soap and water are not readily available, use a hand sanitizer that is at least 60% alcohol)
Avoid close contact with others (especially if COVID-19 is spreading in your community)
Stay home if you are sick
Wear a face mask if sick or caring for someone who is sick (don’t wear a facemask if these do not apply to you because those who need them will not have access to them if everyone is buying them)
Clean and disinfect surfaces that are touched daily, including phones, tables, laptops, etc. (here is a guide on how to properly disinfect surfaces from the CDC: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html)
COPING WITH COVID-19

We know and understand that this can be a stressful time for many people and there can be some anxiety that comes with a pandemic such as this. Here are some tips to help recognize stress:

- Excessive fear for your health and that of your loved ones
- Changes in eating or sleeping patterns
- Exacerbation of chronic health problems
- Difficulty sleeping or focusing
- Increased use of alcohol, tobacco, or other drugs

If you feel that this pandemic is causing added stress to your life, here are some ways that you can reduce it:

- Take a break from the news and any sources that talk about COVID-19 (i.e. social media)
- Take care of your body (eat healthy, take a walk around the neighborhood, if allowed)
- Participate in activities that you enjoy
- Connect with trusted friends and family to talk about your concerns
Another way that we can reduce stress and anxiety for everyone is by reducing the stigma of COVID-19. There are various groups of people who the “outside world” is stigmatizing such as someone who had been quarantined and tested for COVID-19 (even if they tested negative), people of Asian descent, people who are traveling, etc. Social stigma can lead to rejection, denial of healthcare, and physical violence. All of which lead to more stress in our communities. This can be done by understanding and knowing the facts before sharing with others.

Check out this incredible free guide to living with worry and anxiety amongst global uncertainty.

If you feel as if you or a loved one are feeling overwhelmed with emotions such as sadness, anxiety or depression call:

- 911
- SMHSA’s Disaster Distress Helpline: 1-800-985-5990
  - Text: “TalkWithUs” to 66746
EDUCATIONAL SUPPORT RESOURCES

Below we have compiled a list of resources to help with any of your educational needs. Check out @niccoalition on Instagram for many more resources, including state-specific resources. Be in contact with your residential college staff, use McGraw and all of their resources & now more than ever, do not be afraid to ask for that extension!

Wi-Fi

- Spectrum is offering free broadband and WiFi internet access to students impacted by the coronavirus shutdown. Call 1-844-488-8395 to enroll.
- Comcast is giving new customers that are eligible for 60 days of complimentary Internet Essentials service.
- AT&T is waiving internet data coverage for customers who don’t already have unlimited home internet access.
- Xfinity WiFi hotspots will be free and available to anyone who needs them, including non-Xfinity internet subscribers.
ONLINE PLATFORMS

- Adobe is making temporary at-home access to Creative Cloud available until May 31, 2020 for schools and colleges who currently have only lab access for students, at no additional cost.
- Accesibyte is offering free access to its cloud platform of apps for blind, low vision, deaf, and reading impaired students.
- Beeline Reader is giving free access to the BeeLine Reader Browser plugin for Chrome to help students read on screens more effectively.
- Cambridge University Press is offering free access to online higher ed textbooks through May 2020.
- VitalSource is offering free access to online textbooks through May 25.
- Labsland is offering free remote access to real STEM laboratories to institutions until the summer. Email support@labsland.com with “COVID-19” in the subject line.
- Scribd is making its entire library free for the next month.
FINANCIAL SUPPORT FUNDS

- Undocuscholars fund is providing financial support to undocumented individuals and families who have been affected by COVID-19.
- Scholly COVID-19 Student Relief Fund is providing $200 in cash assistance to help cover expenses during the COVID-19 crisis. Applications are reviewed on an ongoing basis.
SECTION 2: MENTAL HEALTH RESOURCES

- Mental Health: Definitions & Importance
- Therapy for Black Girls Podcast (!!!)
- Mindfulness Apps
- Meditation & Trauma Guides
- Meditate and Motivate
- Support Groups
- Free Mental Health Courses
MENTAL HEALTH: DEFINITIONS & IMPORTANCE

We recognize that COVID-19 has impacted many aspects of our lives, including our personal space and ability to really think clearly about different things. Also that sometimes our homes often bring us back to mental states that may not be the healthiest. Here are some resources that may be of use to you during this difficult time and some information about mental health’s importance:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

- Mental health is just as important as your physical health. Mental health is hyper-sensitive in a place like Princeton where a mental strain is more likely to occur than a physical one. With rigorous classes and the high-performance nature of Princeton, it is important to keep your mental health in sight. Overusing and stressing the mind is just as dangerous as an overuse of any other muscle.

General tips:
- Your feelings are valid. Acknowledge and accept them.
- Use reliable sources to stay informed. Maybe limit media/social media exposure.
- You’re not alone!
- Practice self-care.
RESOURCES

Therapy for Black Girls: This is a podcast dedicated to presenting mental health topics in an accessible and relevant manner. On their website, which can be accessed here, there is a search engine to link people with local Black female mental health providers, many of whom are doing virtual sessions due to COVID-19. Depending on your insurance, sessions may be fully covered. (**Highly recommend this resource! I used it once I got back home and it has connected me with a great therapist completely covered by insurance! Fun fact: Dr. Joy Harden Bradford, founder of the Therapy for Black Girls Podcast, was coming to Princeton for an OHM event in April)

Apps available for download:
Liberate: This is a free meditation app by and for people of the African Diaspora.
Calm App: This app is offering free resources including soothing meditations, sleep meditations, a calm masterclass, and mindfulness resources like conversation starters and journal prompts.
Headspace: This meditation app is offering free meditations through 2020 for Health Care Workers (your NPI number is required to access!).
Insight Timer: This app has the world’s largest free library of more than 30,000 guided meditations.
MORE RESOURCES

Meditation Guides:

• **Oprah’s and Deepak’s 21-Day Meditation Experience**: This is a free 21 day meditation guide brought to you by Oprah and Deepak Chopra.

• **Women of Coloring Healing Retreat Meditation**: Women of Color Healing Retreats is offering one on one meditation to women who would like to turn inward to find some peace and clarity during quarantine. Each session is 15-30 minutes long and it is entirely donation based. Groups and families are welcome.

Trauma Guide:

• "Healing from Childhood Trauma" by Dr. Kelsei Leann: This is an excellent resource to use to help many of us heal from childhood trauma. This book is available via Google Drive.

Support Groups:

• **Black Tigers Talk**: This is a virtual support community facilitated by Drs. Campbell & Farrow of University Health Services. It is Wednesdays 3-4pm EST on April 8, 15, 22, & 29. Email Dr. Campbell for your Zoom invitation at dc4@princeton.edu.

• **Community Care Circle: Womxn & Femmes of Color**: This is a weekly drop in circle to share thoughts and feelings and be in community. This is not a therapy group. They meet every Wednesday from 4:45 pm to 5:45 pm EST from April 1 through May 27. Please email Jess Joseph at jj31@princeton.edu by 12pm EST the day of the Circle to receive the zoom link.

• **Mental Health and Wellbeing Virtual Sessions**: Drs. Jess Joseph and Sue Kim of University Health Services are each offering mental health and wellbeing virtual sessions via zoom, covering topics like “managing stress and making time for self care” and “loneliness and isolation.” To request a virtual session, either email Dr. Joseph at jj31@princeton.edu or Dr. Kim at sk38@princeton.edu.
EVEN MORE RESOURCES

Free Mental Health Courses: While this impromptu transition to online classes has certainly disrupted our regular routines, it has given us the chance to use this newfound freetime to educate ourselves on topics that are important to us. Given the stress and uncertainty that Covid-19 has caused, now is a great time to unwind by taking free courses to better understand our mental health.

- The Science of Well-Being offered by Yale
  - [https://www.coursera.org/learn/the-science-of-well-being](https://www.coursera.org/learn/the-science-of-well-being)
- Positive Psychiatry and Mental Health offered by The University of Sydney
  - [https://www.coursera.org/learn/positive-psychiatry](https://www.coursera.org/learn/positive-psychiatry)
- The Social Context of Mental Health and Illness offered by The University of Toronto
  - [https://www.coursera.org/learn/mental-health](https://www.coursera.org/learn/mental-health)
- Positive Psychology by The University of North Carolina at Chapel Hill
  - [https://www.coursera.org/learn/positive-psychology](https://www.coursera.org/learn/positive-psychology)
Joyable

- Joyable is an online-based treatment for social anxiety that utilizes cognitive behavioral therapy. In addition to learning skills to conquer social anxiety through the online platform, the program also utilizes personalized coaching through phone, text or email to support users' experience of the intervention and progress.

MoodGYM

- MoodGYM is a free, innovative, interactive web program designed to help people with depression and anxiety. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment.
- Using flash diagrams and online exercises, MoodGYM teaches the principles of cognitive behavior therapy—an evidence-based treatment for depression. It also demonstrates the relationship between thoughts and emotions, and works through dealing with stress and relationship break-ups, as well as teaching relaxation and meditation techniques.

Online Mental Health Screening

- Free, anonymous screenings for depression, anxiety problems, eating disorders, and alcohol problems. This screening tool can help you decide if meeting with a therapist might be helpful.
ULifeline
- An anonymous online resource for college mental health where you can find excellent self-assessment tools and fact sheets on mental health

Half of Us
- Sponsored by ULifeline, Half of Us has videos and blogs from celebrities about mental health issues

Each Mind Matters
- Each Mind Matters is California’s Mental Health Movement. We are a community of individuals and organizations dedicated to a shared vision of mental wellness and equality.

Depression and Bipolar Support Alliance
- Aims to improve the lives of people living with mood disorders

American Psychological Association
- Provides self-help brochures on mental health and psychological issues

MARC (Mindful Awareness Research Center) at UCLA
- The MARC center's site contains information about online mindfulness meditation classes and also free guided meditations.

*Resources on PGS 18&19 found via https://vaden.stanford.edu/health-resources/mental-health*
MEDITATE AND MOTIVATE

Bringing an anxious mind to peace

By: Kennedy Collins (Class of 2022)

During this stressful time of our lives, Our Health Matters wants to help you feel at peace. In addition to the fun, creative activities for self care that keep you relaxed and stress free, finding a stillness in our fast paced lives is crucial. Know that you can meditate to find that stillness and motivate yourself to move forward in a healthy way!
My Recent Experience:

Spring midterms of 2020 were fastly approaching. Like most well-intended students, I intended to get a headstart on my assignments. My midterms were mainly essays due within 24 hours of each other over the weekend before exam week. To nobody’s surprise, I expected the onset of procrastination. Monday and Tuesday of that week flew by. Although risky, I knew that starting before Thursday would allow for three solid outlines to work with. So Wednesday night was going to be clutch—until the negative thinking smacked me in the face. Every time I chose an assignment to attack, my mind focused on how much I hadn’t done. I panicked. The prompts suddenly didn’t make sense, I forgot how to look for sources, and the page limit seemed 12 miles long. I blamed the panic on exhaustion and told myself I needed sleep. I sat in my bed defeated (y’all know the feeling 😩), but I was determined to go into full grind mode the next morning.
When it came time to work the next morning, I opened my laptop just to find that the panic intensified. It didn’t take me long to realize I needed a break before I had even started! I frantically texted my mentor and she reminded me to find my inner stillness-- to meditate. For me, I can access my inner stillness through prayer and scripture. Within ten minutes of stillness, I was able to identify what the stressors were and wrote them down. I hadn’t even realized how much I had been overworking myself the weeks leading up to this one. Slowly but surely, I felt myself thinking rationally again. I still needed a break from the negativity I associated with the work in order to recharge and plan for an extremely work heavy weekend. I went out on a limb and distracted myself from the work, trusting I would feel ready in time. As that day went by, the decreasing amount of time I had to write shifted from causing anxiety, to motivating me. By the time I got to work that evening, I broke the mental paralysis and was able to be productive again. But I can’t owe it all to my distractions for getting back on track. It was my ten minutes of stillness that revealed my path to success.
So what did I do?... I ‘meditated and motivated!’

What do I mean by meditate?

Meditation is loosely defined as any technique that leads you to a mentally clear and emotionally calm and stable state. It is especially useful when you feel uncentered and paralyzed by stress. While my short story had to do with school work, mindful meditation transcends into every aspect of your life, and can be especially useful during this stressful time of our lives.

How can you find your inner stillness?

• Lay out your intentions
  • It is important to recognize that meditation will not directly dissolve the problems in front of you. However, it can help you recenter your personal needs during moments of stress in order for you to think rationally and move intentionally in the midst of the storm. Before searching for your inner peace, you HAVE to recognize this!
• **Begin the exercise**
  ○ When most of us think of meditation, we think of sitting cross-legged with perfect posture, eyes closed, and through taking deep breaths. However, you can meditate through a number of ways! I learned that I actually better access my stillness with my eyes open and calmly pacing around my room. During your personalized exercise, allow for yourself to envision the stress melting away, even if just for a couple minutes. Many supplement this attentiveness and awareness through yoga, music, or prayer. Meditation is not something you nail on the first try.

• **What did you find?**
  ○ For some, meditation does nothing more than calm down the body. In this case, it is moreso a physical experience, able to slow down your heart rate and calm your nerves. For others it is an introspective experience. After meditation you may find that these large, daunting stressors are more clear and tangible to you now. For me, I was able to recognize what exactly my body needed in my moment of stress-- a break. You will not know until you give it a try.
What do I mean by 'motivate'?

When it comes to self care, it is important to find outlets that keep us motivated. Whether it is motivation to get out of bed, to clean our rooms, to exercise, to finish that assignment, etc. it is extremely difficult to access it when we are under tremendous loads of stress. Meditation can help you quiet the noise and figure out what your body rationally needs in that moment in order to move forward. I have found that having access to a stillness within the noise has helped me...

• Spiritually manifest.
  ○ For my ladies of faith, meditate on Mark 11:24 (“Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”) Yes, you can believe IN God’s existence, but what does it mean to BELIEVE God? BELIEVE that God has already answered your prayers, even though you may not know how yet. Building up this kind of relationship with God helps His desires for us become our desires-- the biggest desire being that His Will be done. Manifest those goals in the name of the Lord, sis!!!!! Let this scripture (and many others) calm your minds and hearts. <3
• Set reasonable, short term goals for my day/week.
  ○ For me, setting a goal could range from cleaning my room, to finishing an assignment, to going to bed before 2:00 AM three nights out of my week.

• Establish a healthy routine.
  ○ What makes you feel productive? Is it working out? Cooking yourself a meal? Hair and skin care? Journalling? Whatever it may be, try to incorporate these activities into a healthy routine!

Thank you all for taking the time to read this section of the Healthy Hottie Handbook. I pray that you all are staying safe during this time of stress and I really hope that this piece helps you in any way. Your health MATTERS to us.

With love,
Kenty Beauty <3
SECTION 3: PHYSICAL HEALTH RESOURCES

- Our Favorite Workout Apps
- 5 Day Bodyweight Workout Challenge
- At Home Video Workouts
- Fitness Queens on Instagram and Youtube
- Recipe Ideas
If you’re looking for fun ways to workout while at home, we’ve gathered some great apps for you to try!

First up, we have Nike Training Club. This free app has a range of workouts for everyone, including: yoga, full body workouts and even specific muscle groups. Nike recently announced that they are making the Premium membership free, so you can try any of these workouts at no cost. If you already have an NTC account, simply update the app to the latest version, and sign back in, and you should be good to go!
Workout App #2

Another great resource from Nike is the Nike Run Club app. As another free app, you can actually create a plan if you want to start running for the first time, or if you want to train towards a specific type of race. Depending on your availability to workout during the week, the app will create a schedule that you can edit depending on your flexibility. Oftentimes the workout plans created by Nike Run Club will also feature workouts from the Nike Training Club, so it might be worth exploring both apps together!
Workout App #3

The last app I like to use to stay active is called 30 Day Workout Challenge. One of the biggest challenges I face is being consistent in my workouts, or maintaining a routine for more than a few days. That's why I like this app, because it documents your progress on a calendar so you can visually see how long you are able to keep up the challenge. This app also has workouts for each muscle group, so you can tailor your workouts to get the results you are looking for. Additionally, within each muscle group is a variety of intensities for the workouts. It ranges from Beginner 1 - Hard 2, so there is something for everyone. Another great feature of this app is that if you pick a specific intensity and you're unhappy with it, you can change it at any time!
The World’s Shortest Yoga Class
Sometimes all you need to do is stretch to improve your mood. After being cramped up at your desk chair, on your bed, or wherever you spend your virtual class time, it’s important to release the tension in your body. There are lots of free yoga resources and videos online, but my suggestion is an app called Down Dog. Down Dog lets you customize your yoga sequence from the workout focus to the length and, right now, it’s completely free. Give it a try! https://www.downdogapp.com/
# 5 Day Bodyweight Workout Challenge

**Welcome to the gun show**

## Core Strengthener

<table>
<thead>
<tr>
<th>Circuit 1 (3x)</th>
<th>Exercise</th>
<th>Rep/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step Ups</td>
<td>12 each side</td>
<td></td>
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<tr>
<td>Wall Sit</td>
<td>40 secs</td>
<td></td>
</tr>
<tr>
<td>Squat</td>
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<td></td>
</tr>
<tr>
<td>6 inches</td>
<td>45 secs</td>
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</tr>
<tr>
<td>Russian Twists</td>
<td>50x</td>
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</tr>
<tr>
<td>Plank</td>
<td>45 secs</td>
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</tr>
<tr>
<td>Cocoon Crunch</td>
<td>45 secs</td>
<td></td>
</tr>
<tr>
<td>Flutter Kicks</td>
<td>45 secs</td>
<td></td>
</tr>
<tr>
<td>Side Plank Reach</td>
<td>10 each side</td>
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## Booty Builder

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<tr>
<td>Shoulder Slaps</td>
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<tr>
<td>Superman</td>
<td>12x</td>
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</tr>
<tr>
<td>Wall Push Offs</td>
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</tr>
<tr>
<td>Push Ups</td>
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</tr>
<tr>
<td>Donkey Kick</td>
<td>15 each side</td>
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<tr>
<td>3x Curtesy Pulse Lunges</td>
<td>12 each side</td>
<td></td>
</tr>
<tr>
<td>Sumo Squats</td>
<td>10x</td>
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</tr>
<tr>
<td>Skaters</td>
<td>15 each side</td>
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<tr>
<td>Fire Hydrants</td>
<td>15 each side</td>
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</tr>
<tr>
<td>Hip Thrust</td>
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## Leg Day

(Did not come to play)

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<tbody>
<tr>
<td>Backward Lunges</td>
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<tr>
<td>Single Leg Glute Bridges</td>
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<tr>
<td>Toe Raises</td>
<td>12x</td>
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</tr>
<tr>
<td>Russian Twists</td>
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<tr>
<td>Plank</td>
<td>45 secs</td>
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<tr>
<td>Cocoon Crunch</td>
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<tr>
<td>Flutter Kicks</td>
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<td></td>
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<tr>
<td>Side Plank Reach</td>
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## Total Body Blast

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<td>Jumping Jacks</td>
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<tr>
<td>Bicycle Kicks</td>
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</tr>
<tr>
<td>Exercise</td>
<td>Rep/Time</td>
<td></td>
</tr>
<tr>
<td>Mountain Climbers</td>
<td>40x</td>
<td></td>
</tr>
<tr>
<td>Jump Squats</td>
<td>12x</td>
<td></td>
</tr>
<tr>
<td>Push Up to Plank</td>
<td>12</td>
<td></td>
</tr>
</tbody>
</table>
At home Video Workouts

5-10min Beginner Ab workouts
  • https://www.youtube.com/watch?v=Bl3NfkFqMiI

5-12min Cardio Workout
  • https://www.youtube.com/watch?v=KyNZji_Uibc&t=397s
  • https://www.youtube.com/watch?v=kyKJjt77Ji4&t=1s

5-10min Booty/Leg Workout
  • https://www.youtube.com/watch?v=Hfws7ZSvU3s
Fitness Queens on Instagram

@gymhooky

@alittleaeste

@sashaexeter

@selenawatkins

@followthelita

@mrandmrsmuscle
All your quarantine snacks getting to you? Same. Here are some healthy (and easy!) recipes for snacks and meals. Bon appetit!

Recipes

Breakfast

Scrambled Egg Tacos

Tropical Smoothie Bowl

Mexican Breakfast Chilaquiles
Lunch

**Quinoa Bowls**
- Roast Beet Butternut Basil Goat Cheese Salad (Veg)
- **Buddha Bowl** (Veg)
- Grilled Chicken Sliders
- Veggie Wraps with Goat Cheese
- **Cilantro Lime Salmon Bowls**
- Blackened Shrimp Bowls
Garlic Parmesan Kale Pasta
Jerk Chicken
Roasted Salmon with Green Beans and Tomatoes
Baked Catfish
Bruschetta Grilled Chicken
Zucchini Lattice Lasagna
Snacks/Dessert

Crunchy Roasted Chickpeas (Vegan/GF)
Creamy Garlic Hummus
Sweet 'N Salty Chocolate Bark
Best-Ever Peanut Butter Protein Balls
Chicken Avocado Roll-Ups
Apple Chips
50 Smoothie Ideas (Go Crazy!)
Basic Chocolate Cake
Mini Cinnamon Roll Cheesecakes

Check our our Instagram for more cooking videos and meal ideas!
SECTION 4: PROFESSIONAL HEALTH RESOURCES

- Internship Opportunities (Largely Remote!)
- Our Most Useful Organization Tips
- Time Management/Planner Ideas
- How To Set Effective Goals
We recognize that COVID-19 has impacted many aspects of our lives, including our plans for the summer. Here are some resources that may be of use to you during this difficult time:

- **InternFromHome** - This is a marketplace for current students to find summer internships that are being offered remotely. Filters on the site help you find something that may work for you. (*Note many apps are closing soon.*)
- **EClub’s 1575 List** - This is a document with over 1000+ remote internships that are still available. Many of these are startups and in tech.
- **Another EClub List** - This is a document of hiring startups from EClub.
- **Covintern.com/jobs/** - These are job postings specifically in light of the COVID-19 pandemic.
- **Valence & Jopwell** - These are two job search engines.
- Additionally, many efforts are underway to reach out to alum to find internships, stay tuned for more information!
- **Resume & Princeton Career Services resources**
- **Our Health Matters Internship List** - This is a list of many conferences and internships that is actively being updated!
ORGANIZATION

Organization is rearranging things in a cluttered, disorganized state to maximize utility and visual appeal, so everything can be retrieved easily. Time management is increasing the efficiency and effectiveness of tasks through the organization, using planners, scheduling, and goal setting. Time management and organization go hand in hand. Organization is discovering the what and time management is how to effectively approach that what. Here’s some tips for organization:

- Getting Organized
  - Recognizing Its Importance
    - Cluttered Room, Cluttered Mind, Cluttered Thoughts: in order to organize, you have to see a need. When things are easily accessible, they allow more of your time to be spent on completing the action rather than finding things around the room, in your computer, in your binder.
  - Clear mind: the mind can get busy and times can get rough, especially during midterm and finals, so things can be overlooked, forgotten. Things move so quickly. Having things accessible leaves more brain space for thinking and less room for panic and worry.
• It's Personal:
  ○ Some people organize alphabetically, others with numbers, some with dates. Do whatever works best for you based on how you best process information. If you’re number oriented, make a bulleted list, or if you’re visually oriented, make a diagram. OR combine both!

• Folders:
  ○ Google Drive: It's important to organize your drive either by class, year, or assignment to easily retrieve files when you need them. A mass search often works, but it would be easier if you place documents in their respective folders.
  ○ Computer: Same goes for your computer: That download folder can get crazy: Even if it's as simple as only distinguishing important information. It is a good idea to organize files into folders.

• Label it:

• Things are easier to find with labels! Whether that be colors or just where things are placed in the room, labels help!

• Example: “This folder is for assignments”, “top row of my bookshelf is for my history books”, “all things in green marker are notes, blue are analysis”
• Look ahead at your syllabus: write down your assignment due dates & exam dates all in one place.
  ○ Resource: Semester on a page by McGraw: Access
    ▪ Example: Spring 2020 Semester on a Page
  ○ McGraw Learning consultation: this consultation helps you plan for your day, week, semester, year, assignment. It is just you and a trained student that helps you organize your tasks into digestible chunks. Schedule a consultation

• Be flexible:
  ○ Change is good! Be open to remodeling and moving things around as they become necessary. What works this month may not meet the needs of next. Staying organized comes with flexibility and openness to adapting as you go.

• TRASH IT
  ○ One of the most essential things to staying organized is throwing things away! Whether that’s physical trash or deleting emails. Decluttering your space and focusing on what’s needed keeps you organized.
  ○ CAUTION: Erase assignments/important documents with caution. It is suggested to keep assignments in a mass folder and erasing when you think necessary rather than erasing all at once. You never know when you would need to look back on past assignments to draw connections or revisit information.

• Helpful Links for Visual Learners like me
  ○ Room Organization: https://youtu.be/Myo4C6014ZE & Dorm
  ○ Stay organized: https://collegeinfogeek.com/how-to-stay-organized-in-college/
Time Management/ Planner Ideas

We understand that COVID-19 has caused a lot of change in our lives, especially on the academic side. It can be difficult to manage both schoolwork and possible responsibilities at home. Here are some tips that may be useful to help manage your time more wisely:

- Make a to-do list and numerically prioritize the tasks you have to finish each day
- Plan ahead by making yourself a schedule for the week
  - Google Calendar is a great planning/scheduling tool.
- Be Realistic: Set goals and deadlines specific to your schedule and mood.
  - Understand that this is a transition period and don’t stress about not getting everything done right away
  - Leave room for change in your heart and in your plans. It’s okay not to get to everything but make sure to update your schedule as the week goes on to what’s most realistic for the day and how you’re feeling. Have a little grace with yourself. You’re doing amazing!
- Just write it down: Studies show that people remember things best when they physically write it down, so try a handheld planner, Google Calendar, Phone Notes or sticky notes. Don’t just remember, write it down. Here are some cool Pinterest pins of cool ways to write down information (login required):
  - Handwritten: PIN
  - Templates(Ipad/tablet friendly): PIN

Here is a link to a website that has some templates that could help you plan out your days and weeks:
Life will go on. It is okay to dream. It is okay to set goals, even if it is just eating breakfast in the morning or making it to your 1:30 seminar. No matter what it is, we want to help you make, and reach your goals. It is important to be intentional about making goals; write them down! Making SMART goals is really helpful:

- S- Specific
- M- Measurable
- A- Attainable
- R- Relevant (or rewarding)
- T- Time-bound
SECTION 5: SELF CARE IDEAS

- The Best Creative Activities
- Necessary Brain Breaks
- Playlists
- Cater 2 U Read “U” as “Yourself”, Black Queen
One of my favorite ways to pass time is to stay creative. I often find that when I am dedicating myself to a creative task, I end up losing track of time. Tie dye a shirt with turmeric, learn how to crochet, or try some of these other activities:

Painting is a very free form of art, as there aren’t many rules. You can find many kinds of paint at a craft store (or on Amazon if your area is on lockdown). Acrylic and Watercolor paints dry somewhat quickly, while Oil paint can take up to two days to completely dry. Regardless of the medium you choose, creating an image on a blank canvas is a great self care activity. If you’re having difficulty deciding what you want to paint, here are a few links with some fun painting prompts!

Link 2: [https://www.artistsnetwork.com/art-techniques/6-abstract-painting-prompts/](https://www.artistsnetwork.com/art-techniques/6-abstract-painting-prompts/)
Link 3: [https://mymodernmet.com/easy-painting-ideas/2/](https://mymodernmet.com/easy-painting-ideas/2/)
As a child, friendship bracelets were my favorite pastime. I used to make them for all of my friends, and have recently rediscovered the hobby. You will need embroidery floss to create these bracelets, although any string should suffice. Here is a step by step youtube video that shows you how to create a simple chevron bracelet. After doing a few rows, the knots become second nature. For those looking for more adventurous patterns, the website Friendship Bracelets is a great resource. The search engine allows you to look up patterns based on colors, numbers of strings, or even keywords or symbols. It also has a tool that allows you to create your own pattern, if you want to make a bracelet with a certain image or word/name, etc.

Knitting is another hands on activity that can help to take your mind off things. There are a plethora of youtube tutorials for different stitches or projects, but if you are looking for the most basic tutorial, here is my favorite video. Additionally, if you walked through Wilcox dining hall, chances are you saw the advertisement for Knitflix which takes place on Monday nights. The RGS who runs this weekly program has switched to zoom meetings to keep the club going. If you are a member of Wilson College, the zoom meeting link is emailed in the weekly newsletter. For those in other residential colleges, the RGS (Mary) can be reached at this email address: mnaydan@princeton.edu. She is the best person to contact if you would like access to these meetings as well!
If you are looking for an activity that is social and creative, you might want to think about creating a TikTok account. While the app sometimes gets a bad rap, it really is a platform where you can create whatever kind of content you want. Whether that's learning the dance to Savage by Megan Thee Stallion, or recreating your favorite vines from back in the day, TikTok has something for everyone. There's no doubt that it will leave you laughing for hours on end.

I can find it hard to document that time is passing, especially in times like these. One of the ways I have worked on this is by creating monthly playlists and playlists for different moods. Whether you use Apple Music, Spotify or Tidal, each streaming platform allows you to create playlists and add a cover photo and description to each playlist. I like to create a playlist at the beginning of each month and add songs that I find, or think about throughout the month. It is a great way to keep your music organized, and also is fun to look back on in the future.

**Follow me on Apple Music (tee-hee) [https://music.apple.com/profile/hansammy8](https://music.apple.com/profile/hansammy8) !!**

*peace n luv, sammy lee:)
TAKE A BRAIN BREAK!

It’s hard to feel your best after a long day of staring at the screen. If you’re anything like me, you probably have online classes back to back with very short spaces to breathe in between. It can be difficult to focus and pay attention, maybe you don’t feel any motivation to participate or be engaged. That’s where brain breaks come in! Brain breaks are short activities designed to give you a quick burst of energy before getting back to work/class/staring at the wall or whatever you’re spending your quarantine doing. Check out some of these great resources below to give your brain and body a reset in under 10 minutes!

*Just Breathe!*
Period. Quick and easy meditations: https://www.youtube.com/user/calmdotcom
Learn a New Dance or Two
Maybe you prefer a workout that’s a bit more aerobic to get your blood flowing. In that case, try a new dance routine! Not only will it help your brain focus on the class ahead but you’ll also have some new moves to show out on the street. Dance with Keaira LaShae, one of my favorite youtubers, and support black and female owned business: https://www.youtube.com/user/superherofitnessstv

Get Creative
When’s the last time you took an art break? It may seem very kindergarten, but doodling is actually proven to help you focus your energy and release mental blocks. It doesn’t matter if you’re not an artist, take a pen to paper with these drawing exercises: https://www.creativelive.com/blog/5-drawing-exercises-turn-make-anyone-artist/
Or, if you’re more of a writer, try these creative prompts: https://blog.reedsy.com/creative-writing-prompts/
Socialize (No, seriously)
Ok, so it’s not walking through Frist or stopping by late meal but Houseparty is the best app for spontaneous socializing. Receive notifications when your friends are online and join them! It’s important to keep experiencing the people we miss, even when we’re stuck in the house.

Tune In
Take 10 minutes to vibe to your favorite playlists or learn something actually interesting with a short podcast. My biggest challenge is always figuring out what to listen to. Here are a few podcast suggestions that you may want to try: https://www.blackenterprise.com/35-black-podcasts-you-need-to-tune-into-and-download/
https://discoverpods.com/10-podcasts-you-can-listen-to-in-10-minutes-or-less/
https://www.ranker.com/list/best-short-podcasts-ten-minutes/ranker-podcast
https://www.blackenterprise.com/black-women-podcasts-for-2019/

That’s all from me. Take care of yourselves and stay safe!

<3 Mikala
Sometimes, we just need to take a minute & listen to some music. Music can help revive our energy, bring clarity to our thoughts, and improve our mood. Here are some of my playlists from Our Health Matters events. Enjoy!

- Paint n Vibes from our Paint n Sip
- Photoshoot from our Photoshoot
- Chill from Just Chillin with OHM
- Vybez from Our Social Start Up

**For my Apple Music babes, the app [SongShift](https://play.google.com/store/apps/details?id=com.technologyguy.songsync) allows you to transfer playlists between Spotify (🎵) and Apple Music (🪜). Also, here's a link with playlists that are great for working from home!
CATER 2 U: READ “U” AS “YOURSELF”, BLACK QUEEN

Setting the Tone for Self Care: Rest or Productivity?

During this pandemic, in which many of us were forced out of our usual routines and expected environments, there has been a large debate on what we should do with our “time”. To some, if you haven’t started a business, written a book, developed a new skill, planned out your next five years, and scheduled brunch with the Carters, then you’ve wasted your quarantine. To others, the pressure to be productive feels inhumane, and instead we should normalize doing nothing, especially in the midst of such a crisis. They are denouncing productivity-pressure, and reassuring us in the fact that we are not just working at home, we are at home trying to work during a pandemic, and the two are not the same (shoutout to twitter). We receive constant emails from school, we continue to get notifications about assignments due, and many of us have felt stressed due to the expectation to work optimally even during a global pandemic. Who is right? In a world that pressures us to be productive, is it okay to be still? When is it the right time to be productive? When is it the right time to rest?
The choice between stillness and productivity often doesn’t feel like a choice. When I came home after having to leave campus, I spent my entire spring break in pajamas watching YouTube and Netflix. Even the thought of being productive irked me. Assignments were the last thing on my mind. Then, the next week, Zoom University was in full swing. It felt like I was being forced to act like everything was normal, when it wasn’t. Classes were back in session and it was business as usual. I lacked motivation and the desire to work. I just wanted to rest.

Meanwhile, the Friday before classes started, I had begun experiencing symptoms of acid reflux which includes chest pain. The next week, I learned that it was most likely due to stress. Even though I had taken my entire spring break to ‘relax’, I was not truly relaxed. Feeling stressed took a toll on my body. Something had to change.

One night I eventually called out loud to God for help, for peace. Soon, I felt in my heart that He was urging me to read Isaiah 53:6, as that scripture popped into my head while praying. When I turned to that scripture, it discussed how Jesus saved us, and God is always there even when we stray away. As I kept reading Isaiah 53, I read about how Jesus allows us to place all of our pain, suffering, and burdens on Him. I’m not even kidding when I say that I immediately felt the burden on my chest lifted. At that moment, I didn’t feel any pain. I felt motivated. I felt peace.
At some point last week, I saw a post on Instagram that said that choosing to be productive is a great thing, but choosing to rest is a great thing too. It said that it was all about whether or not God placed a spirit of rest or productivity on our hearts, and that it is a matter of each of our own concern. I believe this wholeheartedly. Whether you have been called to lay in bed and just try to complete what you’re required to do, or become a software engineer through Khan Academy, is your individual journey. I hope that both a rester and a producer find solace here.

Right now, I am trying to maintain my peace through God. I urge us all to take the time to find peace, and make the conscious choice of peace in our daily lives --- and I recognize that it is not easy. I remember one time, on a hike with my mom, she said that the more that we tread down negative pathways of thinking, the more those pathways are ingrained in our brains, leading us to choose those paths out of habit. My mom said that we have to actively choose a new path of peace, and every time that we choose that path, it becomes more and more like our default path. This is like a path in the woods: the more people walk on it, the more apparent it will become, and the more natural it will be to go down that path.
However, you may still go down the wrong path sometimes, or get lost along the way. Maybe you don’t even know where to find or create that path. It’s a journey, and I know that finding or acting on the solution is not always simple. After that night in which I began to feel peace again, I have still felt stressed, I have still felt pressure to be productive, I have still felt that feeling of powerlessness which comes with having to continue school in the middle of a pandemic. But I am learning that my relationship with God is essential, and I am also realizing more and more how much the little things matter too. There are things that we can do to try to claim or reclaim our peace, and claim the power over our productivity and our rest. I would like to share some self-care ideas with you in this section that could help bring light, comfort, and reflection during this trying time.

I will begin to end this note with a phrase I found on a self care blog, developgoodhabits.com, which said take “should” out of your vocabulary. Stop feeling like you “should” be doing things. Right now, I’d like to tell the one who is reading this: replace “I should” with “I am”. Not I should be writing my essay, but I am worthy of that break that I took. Not I should be performing better, but I am able to get back up on my feet, or ask for help when I need it.

To me, self care is caring for our health physically, spiritually, emotionally, mentally, socially, and in all other ways possible. I hope that these tips are useful for your journey of health and self care, whether you are called to care for yourself through rest, or productivity, or both. I love you, we at Our Health Matters love you, and I wish you all the best on your Healthy Hottie journeys.

Love, Niara ♥
SKINCARE MAKEOVER

revamp your skincare routine for morning and night!

Doing my skincare routine morning and night feels like an act of self-care, especially when I am using products that I have specifically handpicked to pamper my skin in different ways. My skin took a hit this past semester and a half, and so I recently did some research and developed a new skincare routine that I’m trying out. Here are some tips I learned from skincare experts on building a skincare routine for healthy, glowy skin! Not everything works for everyone, so take this advice with a grain of salt and do what works best for you.

Things to think about adding to your skincare routine (in addition to cleanser and moisturizer):

**Toner (morning + night):**

- **Why?** Our skin is naturally slightly acidic, forming a protective (from bacteria and other harmful elements), moisturizing, and regulating barrier called the acid mantle. However, when we wash our faces, our skin tends to become more alkaline. When the skin is too alkaline, it becomes dry and sensitive, leading to an overproduction of oil to compensate. An alkaline pH in the skin can also lead to inflammation and acne due to lack of protection.

- **What do toners do?** Using toner helps to solve this problem, by balancing the pH of the skin. Toners can also help restore and maintain the healthy look and feel of your skin, helping to foster a long-lasting natural glow.

- **How do I use it?** You can either use your hands or a cotton pad, whichever you prefer. Right now, I use my hands and massage the toner into my face.

- **What kind of toner should I get?** Look for ingredients like ceramides (lipids which help protect the skin and maintain its moisture) and antioxidants (which help with skin reparation, inflammation reduction, and protecting your skin cells from damage). Your toner should add moisture, not take it away. Avoid astringent products like witch hazel, which dry the skin, and can make acne and irritation worse. Skincare esthetician Nai Roberts-Smith (@labeautyologist), a black woman who “specialize[s] in skin of color”, recommends the heritage store rose water facial toner, available in places like Target and Ulta. I am currently trying the Paula’s Choice Skin Balancing Pore-Reducing Toner, which has all of the ingredients which I mentioned above.
chemical exfoliator (night):
- **why** physical exfoliators (scrubs) are often too harsh on the skin, especially when overused or formulated incorrectly, causing micro-tears in the skin.
- **what do chemical exfoliators do?** chemical exfoliators are liquid, cream, or gel products which contain small percentages of gentle acids which drive away dead skin cells, revealing smoother and clearer skin (by getting rid of the bacteria which builds up in these dead skin cells), minimized pores, and allowing your other products to penetrate your skin more. chemical exfoliators contain ingredients such as alpha hydroxy acids (AHA), like glycolic acid, or beta hydroxy acids (BHA), like salicylic acid, which are the active ingredients gently breaking the bonds which dead skin has on your face.
- **how do i use it?** unlike physical exfoliators, you do not rub chemical exfoliators on your face and then wash them off. instead, after washing your face, you put the product on your skin either with your hands or a cotton pad (depending on the consistency of the product and your preferences). then, you can follow with the other products in your routine, like toner and moisturizer.
- **what kind of chemical exfoliator should i get?** some say that AHA exfoliators are better for dry skin and BHA exfoliators are better for oily skin.
  - i have normal to oily skin and have currently been using paula’s choice’s skin perfecting 2% BHA liquid exfoliant.

sunscreen (morning): even when we are inside, the harmful rays of the sun (UVA light) can still come through the windows. sunscreen helps retain the collagen in your skin, which are proteins that promote elasticity (soft, supple, and youthful skin). wearing sunscreen also prevents the onset of wrinkles for a longer time. if you have acne scars, wearing sunscreen prevents them from becoming more pigmented, allowing you to eventually even out your skin. after moisturizing, i have been following up with paula’s choice’s resist youth-extending daily hydrating fluid spf 50, which does not give a white or oily cast and feels like another layer of moisture and hydration on my skin. dermatologists recommend that you use spf 30 or higher in order for your sunscreen to actually be effective in blocking out UV (ultraviolet) exposure. if you are using exfoliating products, it is especially recommended to wear sunscreen as your skin does not have additional layer of dead skin to help block out some of the UV rays.

Check out this free skincare guide: Nai Roberts-Smith (@labeautyologist), the skin care specialist and licensed esthetician mentioned earlier, has released a free download of her 20 skincare do’s and don’ts “to have glowing and beautiful skin all year long”.

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PAMPER YOURSELF, SIS: AT-HOME SPA & HAIR CARE

• DIY scrub: exfoliating helps to get rid of dead skin cells to reveal soft, rejuvenated skin. try this easy 3-part-trick!
  ○ mix brown sugar and your favorite oil (i’ve used olive oil before but some more neutral smelling oils include avocado and jojoba oil)
    - don’t use essential oils unless you’re adding it on top of another non-essential oil (like the ones mentioned above). also, don’t use essential oils if you plan to use the scrub on your lips (essential oils are not edible and can cause inflammation on the face)
  ○ store it in a jar or container (does not need to be refrigerated and lasts for months)
  ○ use as a body and/or lip scrub!

• soak your feet in warm water and your favorite body wash
  ○ you can also add epsom salt to heal and reduce pain in your feet, as it pulls out toxins and odor (add ½ cup to a basin or bathtub of water)
  ○ or you can add vinegar instead to help fight fungus and bacteria (1 part vinegar, 2 parts water)
  ○ go in with a callus scraper to remove the dead skin (available in places like target, ulta, amazon, etc.)

• try doing your own polygel nails --- shoutout to McKalah for showing me her at home polygel manicure hehe, polygel kits can be found online!

• protective style challenge

  as for me, i will be wearing twists and braids for most of this quarantine. join me! it takes minimal effort: all i do is wear a bonnet and/or durag with my twists/braids under and go about my day, and whenever it's wash day, i re-do them (i typically do 4 to 8 twists/braids right now, again, minimal effort)

• deep condition often: try deep conditioning once a week or every two weeks. your hair will thank you :) 
  • try adding jamaican black castor oil (jbco) to your leave-in conditioner, also, try using it as a sealing oil!
    ○ your hair will be moisturized for weeks sis. jbco is thiccccc with nutrients, including vitamin E and omega fatty acids
- clean out your photo album (and phone/devices in general)
  - definitely @‘ing myself and my 31,600+ photos & videos
- start a donation bag or box in your room
  - if you haven’t worn it in the past three pre-quarantine months, perhaps, *perhaps*, it’s time to let it go. yes, including that crochet crop top that you got in 9th grade and still haven’t gotten the chance to wear. yes, i did keep that top for half a decade. yes, i have finally mustered up the strength to toss it, and you can too boo
- rearrange your room —— sometimes a clear mind starts with a clear space
- draw and/or paint things and decorate your room with them
- make your bed cozy! get some extra pillows and maybe even blankets
- open your windows and let the sun flow into your room
  - this may seem like a given but sometimes i forget! also, one may say just go outside, but if you’re like me, as much as you want to, sometimes you just don’t have the energy. in that case, open your windows instead. trust me it’s worth it. let the sun kiss ya face xoxo
- get an essential oil diffuser
  - when my boyfriend brought his diffuser to my dorm room, i loved it. it filled my room with relaxing, natural scents, and also made the air much more breathable and refreshing
MORE THINGS TO DO

• do one thing on your to-do list that you’ve been meaning to do for a while --- that thing that pops into your head or on your reminders that you always leave for tomorrow. again, i felt this on a personal level
• create things to look forward to
  ○ my friend tolu said that she scheduled a day later in the week when she was going to dress up and do her makeup. that was something she created to look forward to in the middle of everything. maybe find that thing that you can look forward to, and put that in your schedule :)
• set up a movie date with someone or a group of people you love
  ○ try screen sharing on zoom or using netflix party, where you can watch a movie at the same time and chat in the chat box about it
• download the honey extension which runs a bunch of coupons whenever you checkout at an online store, finding you the best deals on your purchases
• learn how to manage your finances
  ○ perhaps come up with a finance plan for the next school year: how much will i spend each month? how much will i save? how much do i want to set aside for self care splurges? how much will i let wawa take from my wallet this time? much to think about. if you want, check out these money saving apps!
• learn a new language --- try duolingo!
• organize your music into playlists based on different moods, genres, vibes
• bake something and enjoy it, like apple crumble or quick brownies
• revisit and reread your favorite books from childhood
• read fiction in general
• write
  ○ as a kid, i wrote a bunch of stories just for fun, and even writing out this section of this handbook has made me realize how much i love to write for enjoyment, and that i haven’t done it in a while. you can write a short story, the next best-selling novel, or a tweet. up to you. let your ideas flow through the page!
• breathe deeply.
  ○ sometimes i catch myself feeling very tense in the shoulders, especially if i’ve been working on an assignment for a long time. in those instances, i have to remind myself to relax. release. recharge.

• drink more water
  ○ there’s this free water drinking app i used to use called plant nanny, where you own a little plant, and every time you drink water you get to tap the plant and see it grow. if you don’t drink water the plant will suffer. a cute little way to stay hydrated teehee. re-downloading it as we speak cause i have definitely been slacking in that regard. join me sisters!

• try a workout challenge, e.g. 25 or 50 or 100 squats a day
  ○ literally two seconds ago i was saying that i was eventually gonna work out, i just wasn’t sure when. then, as i scrolled through social media, i saw someone do 100 squats (and a few other exercises), saying she did it everyday. in my head i was just like, i don’t even have to build the routine, i could just do this everyday. so here’s a simple, ready-made routine-challenge. but also, peep the workout section in this handbook if you haven’t already for more!
F o r t h e S o u l

• pray.
  ○ i definitely want to get in the habit of talking to God more consistently, because i have found that when i am in constant conversation with Him, i feel so much more at peace. i feel centered. talking to God doesn’t have to just be kneeling on the ground with your hands clasped. you can talk to God at any time — while you work, while you cook healthy hottie meals, while you’re deep conditioning. God wants to hear from you.

• get things off your chest — try to communicate when something is bothering you

• read the bible
  ○ i love reading the bible for encouragement, insight, knowledge, the beautiful narratives, and so much more. the book of Proverbs provides wisdom from God. the book of Romans lays out the groundwork of what faith is through Jesus, and how we are all welcome to seek God. the book of Esther tells an inspiring story about a queen who stood up for her people. there is a lot more where that came from. check it out :)
Got any ideas? Want to be featured on Instagram? Let us know and click here!

Special thanks to all of our Healthy Hotties who continuously support us! We are always inspired by your resilience and excellence. We are forever grateful for Breyonnah, Fey, Emmandra, Niara, Kennedy, Samm, and Mikala for their research and time. Also special thanks to Dr. Joseph of Counseling & Psychological Services. Without you, this guidebook would be merely an idea. Your diligence continues to elevate Our Health Matters into exciting new levels.

xoxo,
Gabby & Maya