
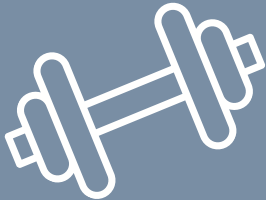









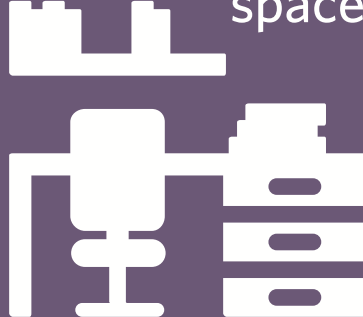









# HAWP'S 14-DAY QUARANTINE WELLNESS GUIDE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	 <p>TRY A GUIDED MEDITATION (10-MINUTE MIND)</p>	<p>DO AN ONLINE WORKOUT</p> 	 <p>Journal</p> <p>TRY THESE JOURNALING PROMPTS!</p>	 <p>START YOUR DAY WITH A GUIDED MINDFULNESS ACTIVITY</p>	<p>FOLLOW A GUIDED DRAWING ACTIVITY TO PRACTICE MINDFULNESS</p> 	 <p>GO ON VIRTUAL SPACE TOURS</p>	<p>CREATE COLORING PAGES</p> 
AFTERNOON	<p>LISTEN TO MUSIC AND CREATE PLAYLISTS</p> 	 <p>DO SOME DRAWING OR DOODLING</p>	<p>GO ON VIRTUAL TOURS OF MUSEUMS FROM AROUND THE WORLD</p> 	 <p>Decorate your bedroom</p>	<p>Declutter your space</p> 	<p>DO AN ONLINE WORKOUT</p> 	 <p>Listen to a podcast</p>
EVENING	 <p>ATTEND VIRTUAL EVENTS</p>	 <p>Video chat with a friend</p>	 <p>Watch a movie</p>	<p>JOIN A LIVE ZOOM WORKOUT CLASS WITH BRANDEIS ATHLETICS</p> 	 <p>Host a virtual game night with friends</p>	<p>Support a local restaurant near you and try a new takeout food</p> 	<p>LIVESTREAM THE NORTHERN LIGHTS</p> 

## DAY 8

## DAY 9

## DAY 10

## DAY 11

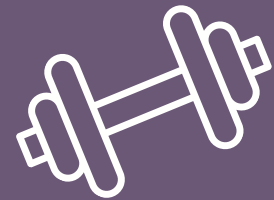
## DAY 12

## DAY 13

## DAY 14

MORNING

DO AN ONLINE  
WORKOUT



TRY A  
STRETCHING  
EXERCISE



TRY A GUIDED  
MEDITATION  
(10-MINUTE  
MIND)

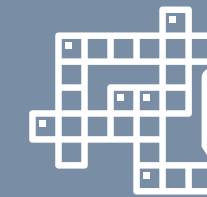


Video chat  
with a friend



Create a  
photo  
collage

TRY USING  
ADOBE SPARK



Search online  
for a crossword  
puzzle to do



TRY A GUIDED  
MEDITATION  
(10-MINUTE  
MIND)

AFTERNOON

Discover a new  
music artist



Video chat  
with a friend

FOLLOW A  
RECIPE AND  
MAKE A SNACK

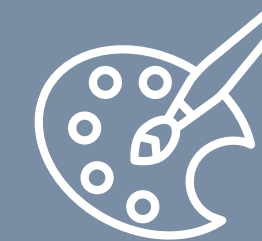


VIRTUALLY  
EXPLORE  
NATIONAL PARKS  
AND THE  
OUTDOORS

WRITE A  
LETTER TO  
YOUR FUTURE  
SELF



DO AN ART  
PROJECT



GO ON A  
VIRTUAL  
SCENIC  
TRAIN RIDE



EVENING



Journal

TRY THESE  
JOURNALING  
PROMPTS



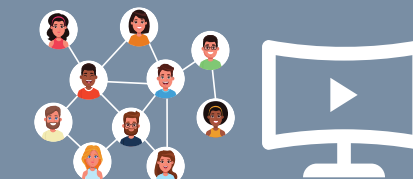
Revisit a TV  
show you used  
to love

JOIN A LIVE  
ZOOM WORKOUT  
CLASS WITH  
BRANDEIS  
ATHLETICS



END YOUR DAY  
WITH A GUIDED  
MINDFULNESS  
ACTIVITY

COOK A NEW  
RECIPE WITH  
THE FOOD IN  
YOUR PANTRY



Host a virtual  
watch party  
with friends



REFLECT ON  
YOUR TIME IN  
QUARANTINE