
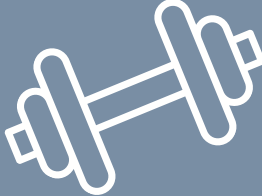









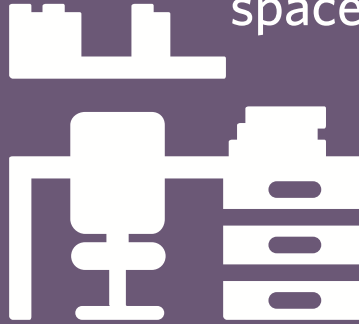
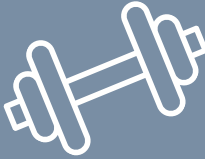










HAWP'S 14-DAY QUARANTINE WELLNESS GUIDE

	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 or dorm</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>Journal</p> <p>TRY THESE JOURNALING PROMPTS</p>	<p>LIVESTREAM THE NORTHERN LIGHTS</p> 

DAY 8

DAY 9

DAY 10

DAY 11

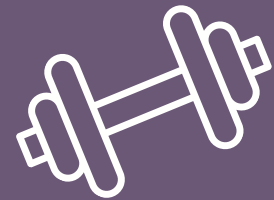
DAY 12

DAY 13

DAY 14

MORNING

DO AN ONLINE
WORKOUT



TRY A
STRETCHING
EXERCISE



TRY A GUIDED
MEDITATION
(10-MINUTE
MIND)

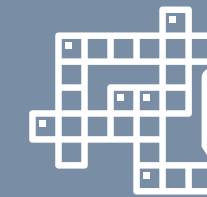


Video chat
with a friend



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

WRITE A
LETTER TO
YOUR FUTURE
SELF

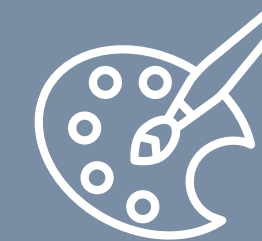


VIRTUALLY
EXPLORE
NATIONAL PARKS
AND THE
OUTDOORS



TRY A
STRETCHING
EXERCISE

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

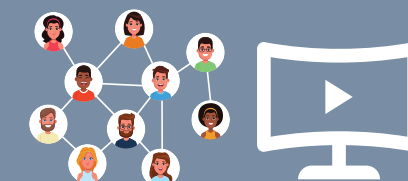


END YOUR DAY
WITH A GUIDED
MINDFULNESS
ACTIVITY

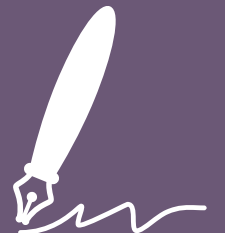


Journal

TRY THESE
JOURNALING
PROMPTS



Host a virtual
watch party
with friends



REFLECT ON
YOUR TIME IN
QUARANTINE