



@mcgwellness



PHYSICAL

- Learn how to build the [perfect buddha bowl](#). They're easy to prep and great for a healthy, filling meal.
- Missing your favorite TexMex restaurant? Turn on some salsa music and make your very own [street tacos](#).
- Sweet tooth? Try making these [Ghiradelli Double Chocolate Brownies](#) because *#balance*. Throw some extra chocolate chips in the batter before baking and these are perfect - trust me.
- Check out [M1 Ellie Pryor's list of workouts](#) that breaks it down by workout type.
- The premium content on [Nike Training Club](#) is *free* right now, giving you limited-time access to all of the premium guided workouts. Many of the sessions require no or minimal equipment, so they are perfect for an at-home workout sesh. The app can even create a custom training plan that includes nutrition tips and a daily exercise plan!
- From M3, Mona : *I just want to extend a friendly reminder that managing our mental health is equally as important as managing our physical health. For me, yoga and meditation have provided a huge relief in my efforts to stay healthy and happy. As we all know, stress weakens the immune system, so I encourage you all to share these resources with friends and family, and start your own conversation about how we're all managing stress. Let's get those cortisol levels down! Here are some free yoga resources:*
 - [Down Dog](#): this app is currently free and available for Apple and Android. You can customize your practice based on time, focus, music, and amount of distractions to your liking. It's perfect for the beginner or advanced yogi #namaste
 - Youtube Yoga: there are *so many* free yoga classes on Youtube. Check out [Yoga with Adrienne](#), [MadFit](#), and [Alo Yoga](#)
- [Headspace](#) is a mobile app free for all [medical students registered with the AMA](#). Headspace offers meditation and mindfulness training to individuals of all levels. According to current M3s, this greatly helped to control stress and anxiety while they were preparing for STEP 1.



SOCIAL

- Host a completely FREE virtual game night with a free Jackbox game: Drawful2 (on Apple/PC app store), online [Cards Against Humanity](#), online [Codenames](#), or [Mafia/One Night](#) in separate zoom rooms
- [Spring cleaning for a cause](#) is still an option even though most of the Goodwill and Salvation Army locations are closed. ThreadUp is accepting clothing donation kits. In return for your contribution, they will donate \$15 to Feeding America. It's a great activity to do with your household.
- Take note from M2 class faves [Bharat and Liana](#) and sing your heart away with a friend!



ENVIRONMENTAL

- Feeling lonely? How about adding a new little life to your home organically. If you'd like to grow some new plants and support local farmers check out [Good Earth](#) in Augusta.
- Try some new DIY projects - give up plastic razors and opt for [DIY sugar wax](#) you can make at home with 3 ingredients (it works!)
- Spice it up and watch something other than Echo recordings and Netflix! There are some relaxing views you can check out via a [virtual hike](#).
- Give back to the environment in small ways by using an [eco-friendly search engine](#)



INTELLECTUAL

- Check out these book recommendations from fellow MCG students
 - ***The Emperor of all Maladies*** – Winner of the Pulitzer Prize, and now a documentary from Ken Burns on PBS, [The Emperor of All Maladies](#) is a magnificent, profoundly humane “biography” of cancer – from its first documented appearances thousands of years ago through the epic battles in the twentieth century to cure, control, and conquer it to a radical new understanding of its essence.
 - ***Mountains beyond Mountains*** – In medical school, Paul Farmer found his life’s calling: to cure infectious diseases and to bring the lifesaving tools of modern medicine to those who need them most. Tracy Kiddler’s magnificent account shows how one person can make a difference in solving global health problems through a clear-eyed understanding of the interaction of politics, wealth, social systems, and disease. Profound and powerful, [Mountains Beyond Mountains](#) takes us

from Harvard to Haiti, Peru, Cuba, and Russia as Farmer changes people's minds through his dedication to the philosophy that "the only real nation is humanity."

- ***Eleanor Oliphant is Completely Fine*** – Meet [Eleanor Oliphant](#): She struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding social interactions, where weekends are punctuated by frozen pizza, vodka, and phone chats with Mummy. But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen on the sidewalk, the three become the kinds of friends who rescue one another from the lives of isolation they have each been living. And it's Raymond's big heart that will ultimately help Eleanor find the way to repair her own profoundly damaged one.
- ***The Alchemist*** – [Paolo Coelho's enchanting novel](#) has inspired a devoted following around the world. This story, dazzling in its simplicity and wisdom, is about an Andalusian shepherd boy named Santiago who travels from his homeland in Spain to the Egyptian desert in search of treasure buried in the Pyramids. Along the way he meets a Gypsy woman, a man who calls himself king, and an Alchemist, all of whom point Santiago in the direction of his quest. No one knows what the treasure is, or if Santiago will be able to surmount the obstacles along the way; but what starts out as a journey to find worldly goods turns into a meditation on the treasures found within.
- Have you ever wondered how to use anki? [Learn some basics here.](#)
- FREE [Nikon photography classes](#)
- FREE [modern art classes](#) from the MoMA
- FREE [self-paced classes](#) from Harvard

Newsletter curated by:
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