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Ten Great Things To Do During This Time Of Social Distancing



By Dr. Michelle Moscarello, MD | Medical Director of Health & Wellness Center

1. Go on a picnic (some public parks and lakes are still open: RSM Lake in Rancho Santa Margarita has beautiful mountain views)
2. Play Corn Hole in your driveway or backyard (if you don't own corn hole, amazon sells a Hamal collapsible, mobile corn hole board for \$35)
3. Learn to play a new instrument (guitar or ukulele). You can youtube "how to play a song" for free and buy a cheap guitar or uke on amazon
4. Experiment with cooking new recipes or learn how to cook. There are many good recipes online at Epicurious.com, allrecipes.com, tasteofhome.com
5. Learn how to draw (many online tutorials)
6. Take a picture a day during this time and put them into a photobook (picaboo.com or mixbook.com are great sites that help you make photobooks)
7. Read a book for enjoyment ("Think Like A Warrior," "A Man Called Ove," "Girl Boss," or "Into The Wild" are all good reads)
8. Keep yourself in shape with HIIT workouts or yoga (there are many great apps or youtube videos of workouts. "7" is a great free app with 7 minute workouts)
9. Buy a slack line and learn to walk across it (you can buy one on amazon for \$30 and youtube videos of slack line tutorials)
10. Learn a new language with an app such as "duolingo" (it's free)

Lauren's Book Club

Book recommendations by Nurse Practitioner Lauren Deats



1. *Where the Crawdads Sing*
 - a. This novel tells the story of a young girl abandoned on the banks of a North Carolina marsh in the 1950s. Her coming of age story is entwined with a murder mystery and this beautiful novel is one that cannot be put down.
2. *Divergent*
 - a. This thrilling 3 novel science fiction series takes place in a post- apocalyptic dystopian Chicago society. The society is divided into 5 factions of different virtues that people must devote their lives to. This series tells the story of a girl and her adventures through this dystopian society.
3. *Educated*
 - a. *Educated* is a memoir about a girl raised by a survivalist family in rural Idaho with no formal education. She educates herself and is able to get herself into college and eventually graduate from Cambridge with a PhD.
4. *Harry Potter Series*
 - a. Of course we all know this classic series that follows the life of young wizard, Harry Potter, and his adventures while attending the Hogwarts School of Witchcraft and Wizardry. This is a great series to reread or enjoy for the 1st time.



Need Medical Consultation?

Our Medical Doctor and Nurse Practitioner are here for you! We are open Monday-Friday 9am-4:30pm via phone and Zoom conference for current registered students. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Stressed? Anxious? Need to talk to someone?

Mental Health Therapists are available for current registered students! Our team of highly qualified therapists are available via Zoom conference. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Quick Tip for Healthier Living

American Heart Association recommends 150 minutes of moderate intensity physical activity per week as tolerated. This means about 30 minutes of exercise per day for 5 days a week! For more information on staying heart healthy, visit www.Heart.org