

Staying sane in quarantaine

A NEWSLETTER FROM THE FACULTY OF MEDICAL SCIENCES

Nothing can replace physical presence and real face to face contact. We have all experienced this in the past few months. This newsletter is an initiative to compensate for that loss and to offer support during difficult times. We hope that for those who need it, it is that little bit of help that makes the difference. It will make you aware of opportunities if you have particular needs. Have fun and stay connected.

The curriculum directors of Human Movement Sciences,
Dentistry and Medicine:
Yvo Kamsma, Berdien Kooistra-Akse, Anne van Lammeren, and
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ADVICE

NEW! WHAT DO YOU THINK?

In this new part of the newsletter, inspired by the known section 'Wat zou u doen?' of the Volkskrant, we want to offer a place to ask questions which will be answered by your fellow students and us! So: Do you have a painful dilemma? An unresolved issue? Or an urgent question? [Let us know!](#)



PODCAST

15 MINUTE- KNOWLEDGE

UNIVERSITEIT VAN
NEDERLAND (NL)

De [Universiteit van Nederland](#) publiceert elke week 2 podcastafleveringen van ongeveer 15 minuten over uiteenlopende onderwerpen. Dus tijdens je dagelijkse afwas of wandeling kun je ook nog eens kennis vergaren!



WHAT DO YOU THINK?

We as teachers worry about your well-being. 63% of students report poor well-being. We want to support you the best we can, therefore we would like to know what we could do. [What would help you, in these weird times?](#)



Click on the question to answer (anonymously)!

GAMES

CODE NAMES & STREET GAME



ONLINE VERSIONS

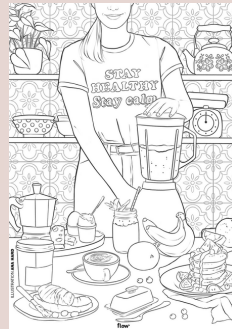
We want to draw your attention to two fun games to do online with your friends, colleagues or family. First, [code names](#) has an online edition! Second, who knows the exact location of the most streets in a city? Challenge your friends for the highest score. As you can see, I was not the best street expert in Groningen.

HOBBY

COLORING PAGES

FLOW MAGAZINE

Do you want to try something new regarding hobbies, do you have enough pens and pencils at home and a printer? Download [these coloring pages](#) from Flow Magazine to get creative at home. From experience, we can tell they are not easy and the results are impressive!



EXERCISE

30 DAY YOGA JOURNEY

BREATH WITH ADRIENE



The 30 day Yoga Journey of Adriene challenges you to breath more consciously and offers free access to her videos on [YouTube](#). See more on the [webpage](#), including materials you need for the challenge. As she says: 'What makes this 30 Day series unique is that these practices are designed to work together 1-30, not just as one-offs, though that is time well spent too.'