

a curated Grad Minds guide to...



holiday self-care

Here at Grad Minds, we encourage you to take quality time off this holiday break. In the spirit of relaxation, we have compiled a list of our current favourite self-care activities. From binge-worthy tv shows to delicious baked goods, we hope you find something here to inspire some "you" time!

movies & tv shows

The Queen's Gambit
Schitts Creek
Ozark
Brooklyn 99
Hamilton

books

All About Love - *Bell Hooks*
Daring Greatly - *Brene Brown*
We Have Always Been Here - *Samra Habib*
The Obstacle is the Way - *Ryan Holiday*
Pachinko - *Min Jin Lee*

podcasts

The School of Greatness
Where Should We Begin?
Dare to Lead
Serial
Smartless

online games

Among Us
Online Pictionary
Jackbox
Words With Friends
Family Feud

activities

Outdoor Lights Festival
Solo Dance Party
Meditation
Tobogganing
Journal

baking & cooking

click the name to get the recipe!

Vegan Cowboy Cookies
Saltine Cracker Toffee
Malted Brownies
Sausage & Arugula Pasta
Hearty Winter Salad

have a restful break! we look forward to connecting with you all in 2021!