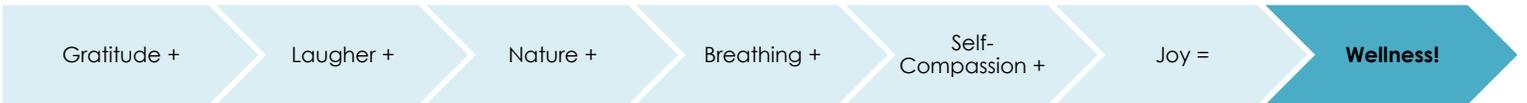




CHC Well: Welcome to the CHC Worksite Wellness newsletter. During this Planet Reboot, the Worksite Wellness Committee is encouraging a Wellness Reboot for the staff of CHC. Enjoy!



Wellness Tips

10 WAYS YOU CAN IMPROVE YOUR MENTAL HEALTH TODAY

01 Try and eat a well balanced diet throughout the day

02 Take a break from technology. Switch off from social media

03 Engage in some fun exercise for 30 minutes. It is great for boosting mood and reducing anxiety

04 If you are feeling anxious or low then try speaking to a friend or family member about how you are feeling

05 Write down 3 good things that you have achieved today

06 Make sure you are getting a good nights sleep

07 Practice some self care. Take a break, have a bath or go for a walk. Do something for yourself

08 Engage in some deep breathing or progressive muscle relaxation

09 Challenge your negative thoughts in a thought diary

10 Stay in the present moment and focus on one thing at a time

@BELIEVEPHQ

[May is Mental Health Awareness Month](#)

- Since 1949, Mental Health America and our affiliates across the country have observed May is Mental Health Month by reaching out to millions of people through the media, local events, and screenings.

[How Important Is Passion? It Depends on Your Culture](#)

- Judging job candidates by their passion may be biased against certain cultures, a new study finds.

[Afraid of Life After Quarantine? Here's How to Manage Your Anxiety](#)

- Whether it's from social anxiety or health worries, the quarantine lift can cause a lot of fear. One psychologist shares how you can cope.

[Four Surprising Ways to Get a Better Night's Sleep](#)

- Research suggests that practicing gratitude, forgiveness, mindfulness, and self-compassion may improve our sleep during stressful times.

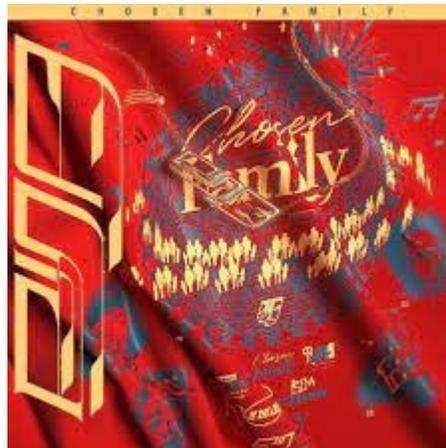
[Just Thinking About Cooperation Can Make You Less Prejudiced](#)

- A new study suggests that imagining we'll be cooperating with people outside our social groups reduces bias.

[How Life Could Get Better \(or Worse\) After COVID](#)

- Fifty-seven scientists make predictions about potential positive and negative consequences of the pandemic.

Song



- [Chosen Family – Rina Sawayama](#)
- [Chosen Family – Rina Sawayama \(Featuring Elton John\)](#)

Rina Sawayama, a Japanese-born singer who has lived in Britain for 26 years, is among the three contenders for the Rising Star prize at this year's BRIT Awards after she successfully pushed to change eligibility rules.

Sawayama, whose debut album "Sawayama" was named one of 2020's best by music magazine NME, had previously said she could not be considered for British award categories at the BRITs or for the Mercury Prize because she did not hold a British passport.

The British Phonographic Industry (BPI) stipulates that solo artists must have British or Irish nationality to enter the competition and submit official documentation of citizenship. Bands must include 30% British or Irish citizens, as long as more than half of their members live in the UK.

The singer said she had several conversations with the British Phonographic Industry (BPI), which organizes the awards, and the body confirmed music artists who have been permanent UK residents for more than five years would now be eligible.

[Kid-Friendly Pizza Activities](#)

- Pizza is a family favorite, and it's also the perfect way to get your kids in the kitchen. Pizzas are simple to make, versatile and allow for plenty of healthy ingredients. Follow our simple tips to learn how to make pizza as a family.



☐ **Kid's
Corner**

[Benefits of Gardening for Children](#)

- Children can learn new skills, have fun, play and develop self-confidence by spending time in the garden tending plants and growing their own food. Most children enjoy being outdoors and love digging in the soil, getting dirty, creating things and watching plants grow.

[The Perfect Flower Suncatcher Craft for Kids](#)

- Make nature suncatchers with flower petals and leaves. Instead of just abstract designs or mandalas, also shape the flower petals and leaves into realistic images.

[Keep Pets Safe in the Heat: How to Keep Animals Cool When Temperatures Soar](#)

The summer months can be uncomfortable—even dangerous—for pets and people. We can help you keep your pets safe and cool this summer. Follow our tips for helping everyone in your family stay healthy while hot.

Did You Know...

History of Mother's Day

From Ancient Greeks and Romans honoring mother goddesses Rhea and Cybele to the faithful return to their "mother church" on the fourth Sunday in Lent. Learn the history behind Mother's Day and how it came to be the holiday we now celebrate our mothers/mother figures.

Mother's Day around the world...

- 2nd Sunday in May (Most countries that celebrate the holiday)
- 4th Sunday in Lent: UK and Ireland
- May 10th: Mexico
- March 21st: (Vernal equinox) Most Arab countries
- March 8th: Most East European countries
- 3rd Sunday in October: Argentina

And a few jokes:

- Why do ducks have tail feathers? To cover their butt-quacks!
- Two guys walked into a bar. The third guy ducked!
- Want to know why nurses like red crayons? Sometimes they have to draw blood



When COVID-19 is over and you can finally go finish the 8th grade.



☐ LOL!!!

Berries!

It's the best time of the year to visit the farmers' market where there is an abundant amount of fresh fruits and vegetables. The smell of fresh strawberries at the farmers market is like no other, it is amazing!

Blueberry	Raspberry	Blackberry	Strawberry	Goji Berry
				
100 mg	100 mg	100 mg	100 mg	30 mg
60 calories	52 calories	45 calories	35 calories	100 calories
2.5 g Fiber	6.5 g Fiber	5.5 g Fiber	2 g Fiber	3.5 g Fiber
10 g Sugar	4.5 g Sugar	5 g Sugar	5 g Sugar	13 g Sugar
16% Vitamin C	44% Vitamin C	35% Vitamin C	69% Vitamin C	23% Vitamin C

[Strawberry Rhubarb Pie](#)



[Dark Chocolate Avocado Fruit Dip](#)



□ **What's in Season**

Photos



Cinema

TV or Movie Recommendation	How to Watch	Recommended By:
The Upshaws	Netflix	
<p>Synopsis: Comedy about a blended family full of different personalities and different light-hearted struggles. Trying to avoid mistakes of the past, the family's patriarch steps up to the plate by becoming a better husband and father to his beautiful family.</p>		
Tenet	HBO Max	
<p>Synopsis: A secret agent is given a single word as his weapon and sent to prevent the onset of World War III. He must travel through time and bend the laws of nature in order to be successful in his mission.</p>		
Nomadland	Hulu	
<p>Synopsis: A woman in her sixties who, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad.</p>		

If you have any recommendations, please email Melissa at mstearns@csuchico.edu