



Welcome to the CHC Worksite Wellness newsletter. We are confident you will find something fun, useful, and/or inspiring to encourage you in your wellness journey.

Gratitude +

Laughter +

Nature +

Breathing +

Self-Compassion +

Joy =

**Wellness!**

### [National Hispanic Heritage Month](#)

- We celebrate Hispanic Heritage Month to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success. Discover documents, exhibits, films, blog posts and more from the National Archives and Presidential Libraries that highlight Hispanic culture.



### Wellness Tips

### [Affordable, Healthy Indulgences to Help You Relax](#)

- Enjoy these tips to help you be more relaxed and happy.

### [How to Get Back to Sleep](#)

- About 20% of people wake up in the middle of the night, then struggle to get back to sleep. This type of insomnia can be stressful, not to mention exhausting. Keep reading for tips to help you quickly doze off -- and steps you can take to keep these mid-sleep awakenings from happening in the first place.

### [Flu Season 2021 Will be Like No Other](#)

- While there was actually a dip in flu infections around the globe in 2020—likely due to COVID-19 safety precautions such as our homebound lifestyles, mask-wearing and more-frequent hand washing—we aren't likely to experience the same scenario this year. The good news is that you can drastically reduce your chance of getting the flu.

### [One Upside to the Feeling of Uncertainty](#)

- A new study finds that feeling uncertain may lead us to savor the small things in life.

### [PODCAST: The Science of Happiness](#)

#### [Episode 101: Can You Mend a Broken Bond?](#)

- They were childhood best friends until one came out as queer. Now, two college students reconnect and try to see the world through one another's eyes.

## Song



K Y L E W I L L I A M S  
*San Francisco*

### [San Francisco – Kyle Williams](#)

- A Chico singer songwriter, Kyle wrote this song about his grandma and grandpa as they were going through the end of her life after a battle with dementia and Alzheimer's.

## Kid's Corner

### [The History of Halloween](#)

- From costumes to candy and black cats and ghosts; Halloween has become a big day of fun and superstitions. Dive into this article and learn where Halloween got its start and all the history surrounding this holiday.

### [85 Easy DIY Halloween Costumes for Kids of All Ages](#)

- It's that time of year again. If you've attempted at DIY costumes before in the past or plan to create your own costumes for your child(ren) or yourself, here are some great inspirational costume ideas that have a mixture of easy to complex tutorials depending on what you are aiming for. Looking forward to all the results!



### [21 Fun Games to Play in the Car](#)

- Going on a long car ride? Need to keep the kids occupied? Here are 21 games that you can play in the car to keep them occupied. These games could result in hours of laughter. Some of these have been traditional classics for generations!

### [15 DIY Costumes for Your Pets](#)

- Whether your fur babies are happy or not when they are dressed up, these DIY costumes are adorable. Some creative Halloween outfits that are quick and easy to create for your little one. It's always great when you can pair up with them as well with a complimentary costume!



### [Slideshow: 20 Things You Can Learn from Your Pets](#)

And a few jokes:

- **Where did the sheep go on vacation?** *The baaaaahamas!*
- **What day do chickens fear the most?** *Fry-days!*
- **Did you hear about the racing snail who got rid of his shell?** *He thought it would make him faster, but it just made him sluggish!*
- **How do you stop an elephant from charging?** *Take away their credit cards!*
- **What do you call a horse that lives next door?** *A neigh-bor!*

[Quarantine Father Daughter Dance Off](#)

[Funny Animal Memes](#)

- Need a laugh? These animal memes should do the trick!

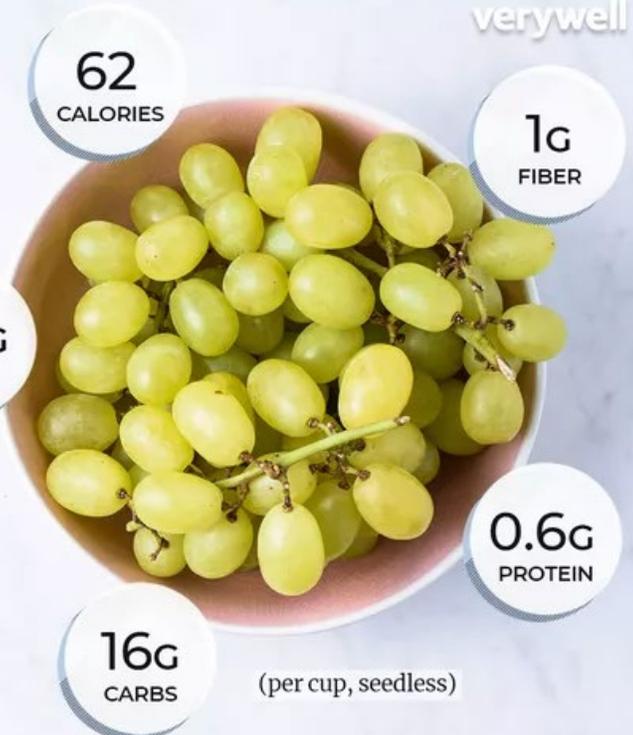


☐ LOL!!!

# Grapes

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Sodium-Free

Grapes are a healthy, naturally sweet treat—especially if you are trying to reduce your processed sugar intake



☐ What's in Season

[12 Delicious Grape Recipes](#)

- Grapes have been around since biblical times and are traditionally used in jams, jellies, and wine. But, today we are going to demonstrate how these dazzling red and green jewels can be used to create delicious grape recipes. From sweet desserts to savory suppers, grapes are becoming the highlighted fruit in more and more kitchens around the world!

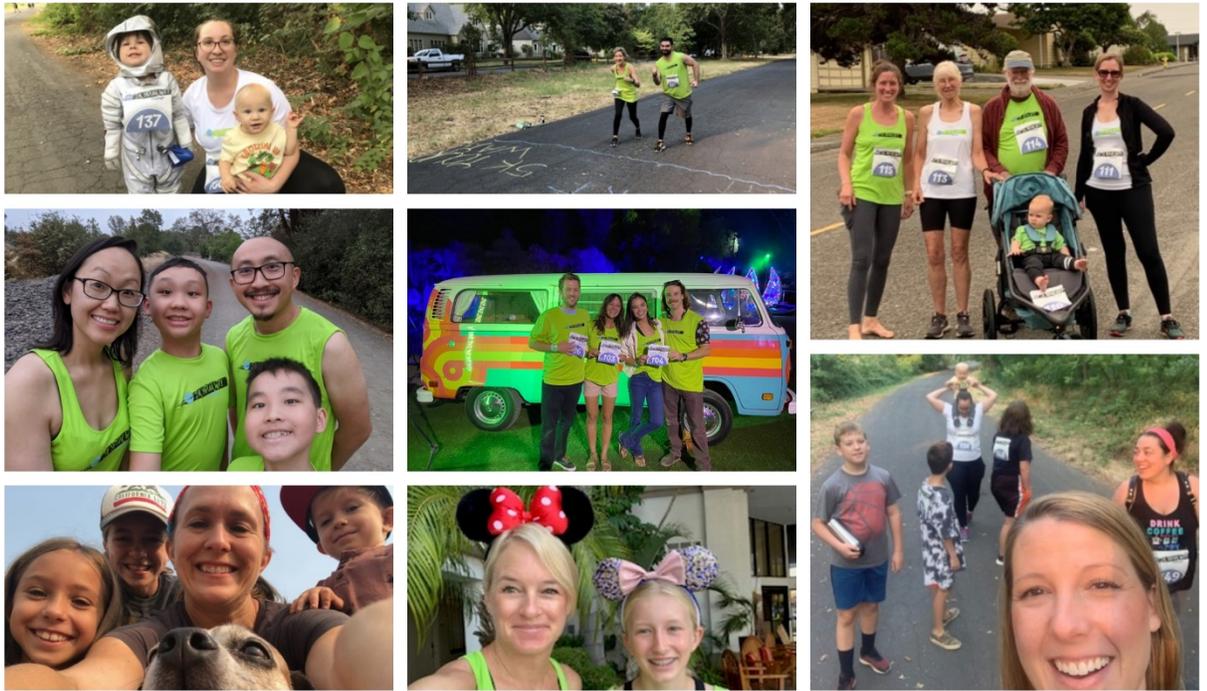


### [Green Salad with Apples, Cranberries and Pepitas](#)

- My favorite fresh salad featuring healthy greens, sliced apple, toasted pepitas, dried cranberries and crumbled goat cheese. Toss with my simple apple cider vinaigrette or use balsamic dressing in a pinch.



Photos



Cinema

TV or Movie Recommendation	How to Watch	Rating
<b>Hocus Pocus</b>	<b>Disney+</b>	<b>TV-G</b>
<p><b>Synopsis:</b> <a href="#">(Trailer)</a> After moving to Salem, Mass., teenager Max Dennison explores an abandoned house with his sister Dani and their new friend, Allison. After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal.</p>		
<b>Midnight Mass</b>	<b>Netflix</b>	<b>TV-MA</b>
<p><b>Synopsis:</b> <a href="#">(Trailer)</a> The series is about a small, isolated island community whose existing divisions are amplified by the return of a disgraced young man and the arrival of a charismatic priest.</p>		
<b>Baker's Dozen (Oct. 7)</b>	<b>Hulu</b>	<b>TV-G</b>
<p><b>Synopsis:</b> Your latest fall-baking comfort show drops this month. Hosted by Tamera Mowry-Housley and pastry chef Bill Yosses, this fast-paced competition series tests 13 bakers on their kitchen skills. The goal? Win the golden rolling pin and take home the cash prize!</p>		

*If you have any recommendations, please email Melissa at [mstearns@csuchico.edu](mailto:mstearns@csuchico.edu)*