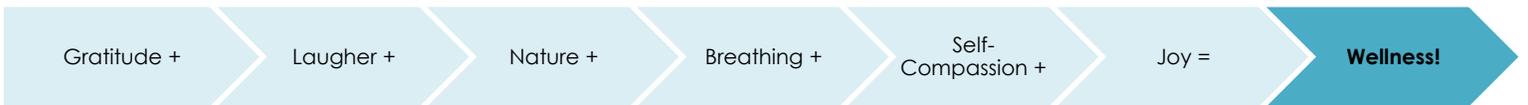




Welcome to the CHC Worksite Wellness newsletter. We are confident you will find something fun, useful, and/or inspiring to encourage you in your wellness journey.



Wellness Tips

[November is National Native American Heritage Month](#)

- Through dance, family traditions, and music, these stories show the diversity and long history of Indigenous people across the United States. Celebrate the history, culture, and traditions of American Indians and Alaska Natives in a special collection of films, short stories, and resources from Public Television.

[What It Might Mean If You Love \(Or Hate\) Scary Movies, From A Clinical Psychologist](#)

- Each person and situation is different. Here are a few thoughts on potential reasons why some of us love nothing more than getting spooked out of our minds by a scary movie.

[Even During the Pandemic, Social Media Didn't Help Mental Health](#)

- Social media kept people connected during the pandemic—but that connection came with a price.

[Anti-Racism Sparks Movement for Trauma-Informed Design](#)

- For many of us, the global lockdowns stemming from the COVID-19 pandemic have made our homes places of respite, healing, and renewal. But for many others, including the unhoused, “home” is not always healing and can in fact be just the opposite.

[How Does Work-Life Balance Fit Into a Happy Life?](#)

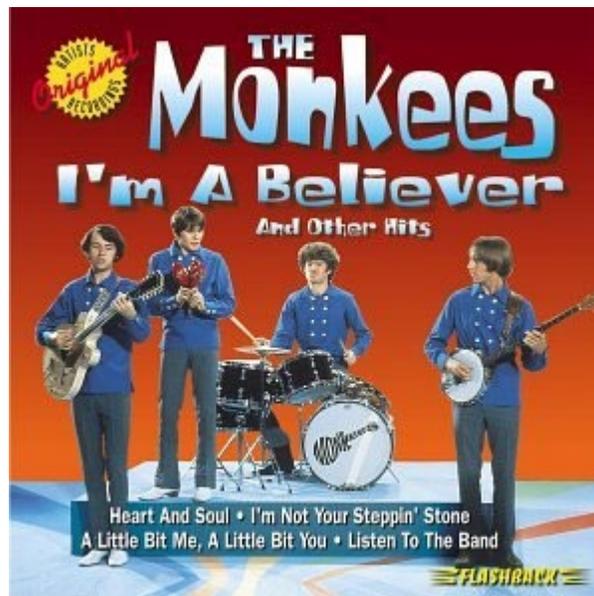
- Finding the right work-life balance is by no means a new issue in our society. But the tension between the two has been heightened by the pandemic, with workers increasingly dwelling over the nature of their work, its meaning and purpose, and how these affect their quality of life.

[What Focusing on the Breath Does to Your Brain](#)

- Different breathing patterns activate our brain networks related to mood, attention, and body awareness, a new study suggests.

□ Song

[I'm A Believer – The Monkees](#)



- This song, written by Neil Diamond became the last No. 1 hit of 1966 and the biggest-selling single for all of 1967.

[How To See Germs Spread](#) (Video)



[6 Thanksgiving Recipes that Everyone in the Family Can Help Prepare](#)

- This year, let kids pick out one of these recipes and make it for the big meal. It might not make the work as light, but if kids start cooking now, in a few years, they'll be able to make these dishes on their own. And that's something to be thankful for.

[Best Fall Nature Crafts](#)

- The fall is one of the best times of the year to make nature crafts. There are always amazing natural treasures like acorns, fall leaves, pinecones, and walnuts that children (and adults) can use to make crafts of all kinds.



[7 Random Acts of Kindness for Kids](#)

- Make kindness a habit in your family. Research says teaching kindness has a positive influence on a range of academic, health, and social outcomes for kids.

And a few jokes:

- **What has ears but can't hear a thing?** A cornfield!
- **What runs around a farm but doesn't move?** A fence!
- **Why do trees hate tests?** Because they get stumped by the questions!
- **Why did the scarecrow win a medal?** He was outstanding in his field!

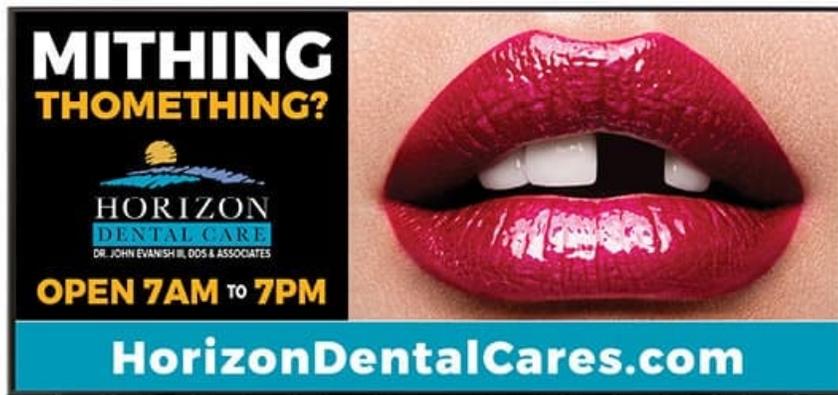
Here are some hilarious masking videos for your enjoyment!

- [Double Masking](#)
- [Mask of the Year](#)
- [Masking for the Office](#)

And a few clever billboards...



□ LOL!!!



Harvest of the Month: Persimmons



Nutrition Facts	
Serving Size: 1 medium persimmon (168g)	
Calories 118	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	
Vitamin A 55%	Vitamin C 21% Calcium 1% Iron 1%

Source: www.nutritiondata.com

□ What's in Season

Persimmon Spinach Salad

- This recipe uses Fuyu Persimmons which are only available in the wintertime. Try mandarin oranges, strawberries, or peaches, if persimmons are not available.



[Sweet Potato & Black Bean Tacos with Avocado-Pepita Dip](#)

- This taco recipe features spicy roasted sweet potatoes, black beans for protein, and an avocado spread made with freshly toasted pepitas for texture.



HEALTHY PAC MAN GAG HALLOWEEN 2021



LEVEL 10
EATING OUR WAY
TO GOOD HEALTH!

SCORE 2021
PAC-ING IN SOME
FRUITS + VEGGIES!



Center for
Healthy Communities
CALIFORNIA STATE UNIVERSITY, CHICO

Photos

Cinema

TV or Movie Recommendation	How to Watch	Rating
Those Who Wish Me Dead	HBO Max	R
<p>Synopsis: (Trailer) Still reeling from the loss of three lives, Hannah is a smoke jumper who's perched in a watchtower high above the Montana wilderness. She soon encounters Connor, a skittish boy who's bloodied, traumatized and on the run in the remote forest. As Hannah tries to bring him to safety, she's unaware of the real</p>		

dangers to follow: two relentless killers hunting Connor, and a fiery blaze consuming everything in its path.

On My Block

Netflix

TV-14

Synopsis: ([Trailer](#)) A coming-of-age story about four bright, street-savvy friends navigating their way through high school in the gritty South-Central Los Angeles, trying to get their friend out of a gang, and having friendship turn into something more.

Squid Game

Netflix

TV-MA

Synopsis: ([Trailer](#)) Hundreds of cash-strapped players accept a strange invitation to compete in children's games. Inside, a tempting prize awaits — with deadly high stakes. A violent test of morality and humanity.

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