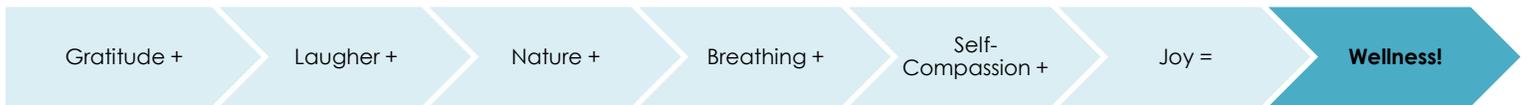




Welcome to the CHC Worksite Wellness newsletter. We are confident you will find something fun, useful, and/or inspiring to encourage you in your wellness journey.



	Wellness Tips	<p><u>Consuming Cranberries Daily Provides Memory Support, New Study Says</u> A new study from Frontiers in Nutrition reveals that polyphenol supplementation is an effective way to reap phytonutrients' brain health benefits.</p> <p><u>Can a Healthier Gut Boost Your Mood?</u> The microorganisms in your gut can play a big role in how you feel emotionally.</p> <p><u>3 Ways to Clean & Refresh Your Home with Lemon Leftovers</u> Don't toss the peels: 3 ways to clean and refresh your home with lemon leftovers</p> <p><u>21 Easy Ways to Create a Calm Mind (Without Meditating)</u> By simply tuning into the small things in life, you can work your way towards a greater happiness and fulfillment in your own life. Here are twenty-one ways you can boost the quality of your mind, without meditating.</p>
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**Wellness
Challenge
of the
Month**

21 Days of Declutter! If you're looking for an easy way to reduce stress, decluttering your space can help. Getting rid of excess stuff can benefit your mental health by making you feel calmer, happier and more in control. A tidy space can help your mind feel more relaxed. Here is the challenge:

1. Get a trash bag or box and put it in a location where you will see/use it daily.
2. Every day, for 21 days, find something in your space/home to donate, throw away or give to someone else. Put each item in the bag. Maybe it's clothing you haven't worn in a long time, maybe it's something in the kitchen you keep working around because you haven't used it.
3. Keep a tally on your calendar or somewhere you can see your progress. After 21 days, you will have 21 less things in your space. Of course, you can make this longer than 21 days, but do your best to not do less.
4. Once you have your 21 items (or more), you can decide what you want to do with it—donate, trash or keep filling it up!



Song



[Lovely Day](#)

Bill Withers

[Make a Milk Carton Bird Feeder](#)

This simple Milk Carton Bird Feeder is the perfect thing to get the kids excited in the summer months. It allows them to get creative while also serving a delightful purpose that we can all enjoy.



**Kid's
Corner**

[25 Backyard Camping Ideas](#)

Turning your backyard into your own personal campsite is a fun and easy way to experience the great outdoors without packing the car and the bags. These 25 backyard camping ideas will make your summer staycation a fun family memory.



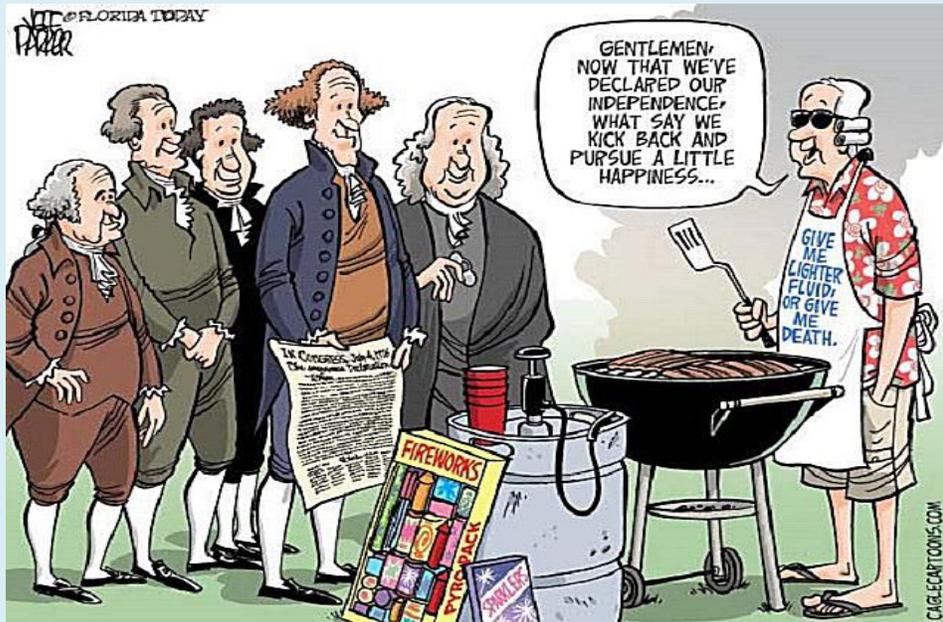
And a few jokes:

Why don't scientists trust atoms? They make up everything

How does NASA organize a party? They planet

What does a nosey pepper do? Get jalapeno business

LOL!



When you work from Home



**and somebody wants
to make a video call**

□ **What's in Season**



[Fresh Restaurant Style Salsa](#)

Are your tomato plants dripping with big juicy tomatoes? Even if you don't have any tomato plants, this fresh salsa recipe with worth a visit to the local Farmer's Market to load up!



[Linguini with Lemon and Tomatoes](#)

With a punch of savory flavor from roasted tomatoes, this simple, yet elevated, linguini pasta recipe is perfect for late summer evenings

Photos



Cinema

TV or Movie Recommendation	How to Watch	Rating
Stranger Things	Netflix	TV-14
<p>Synopsis: Set in the 1980s primarily in the fictional town of Hawkins, Indiana, the series centers around numerous supernatural events occurring around the town, specifically around their connection to a hostile alternate reality called the Upside Down after a link between it and Earth is made by a government experimental facility. *Season 4 out now!*</p>		
Soul	Disney+	PG
<p>Synopsis: Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz -- and he's good. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.</p>		
The Princess Bride	Disney+	PG
<p>Synopsis: The movie is told in frame story as a grandfather recites and reenacts a fantasy book to a boy who's home sick. In the story within a story, a farmhand and his trusty companions must rescue Princess Buttercup from the evil Prince Humperdinck. The film is wonderfully romantic and whimsical without feeling too silly, and is incredibly funny without every feeling joke-y. It whisks you away to a faraway land, but the emotions are intensely relatable. Whether it's your first or 15th time watching, you'll be enthralled from beginning to end.</p>		

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