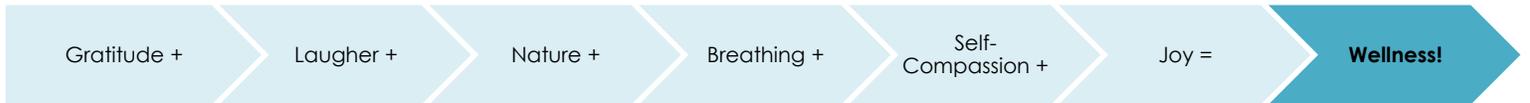




Welcome to the CHC Worksite Wellness newsletter. We are confident you will find something fun, useful, and/or inspiring to encourage you in your wellness journey.



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| | Wellness Tips | <p><u>20 Tips for Building and Cultivating Your Resilience</u> Resilience is what helps us thrive despite the curveballs life throws our way. Some of us are born more resilient than others, but everyone can get better at it. Here's how.</p> <p><u>7 Ways to Practice Breath Work for Beginners</u> From deep and controlled breathing to a shallow and present lifestyle, learned different techniques o help you achieve soundness of mind.</p> <p><u>How to Brew the Healthiest Cup of Coffee</u> A few tweaks can turn your brew into a superfood!</p> <p><u>8 Healthy Food Swaps That Will Save You Money at the Supermarket</u> Rising food prices doesn't have to mean less nutritious options. Experts suggest ways to cut back without sacrificing quality.</p> |
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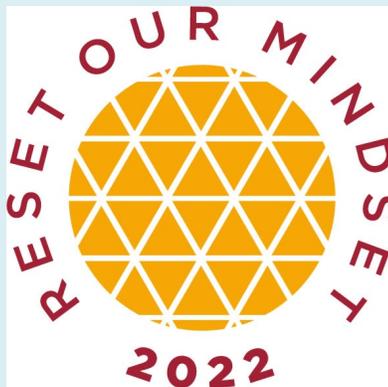
Wellness Challenge of the Month

This month's challenge is a wellness challenge that benefits you and the environment! Make a goal to walk or jog for 20 minutes daily. You can make time in the morning to avoid the heat, or use your work break, whatever works for you. Bring a small bag with you to collect any trash you see on your walk/jog, to throw away or recycle when you return. You get the benefits of physical exercise, and our town gets the benefit of being a bit cleaner. 😊



Recharge, Reset, Reconnect: Reset our Mindset

Reset Our Mindset



[Reset our Mindset Activities](#)

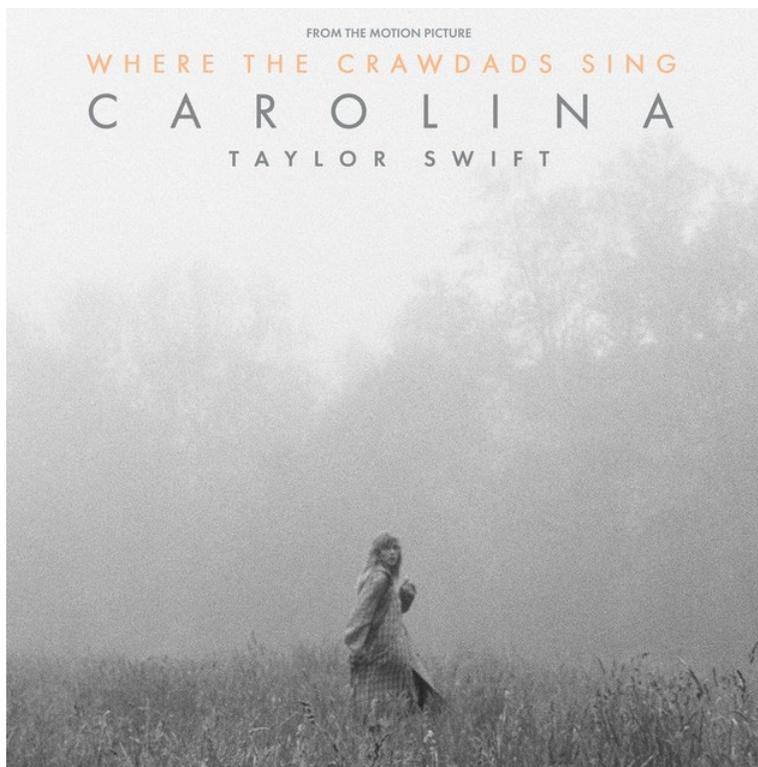
Summer Challenge: Join the summer challenge and complete 90-120 minutes each week of professional development this summer. The [course catalog](#) can help you find relevant and interesting topics.

Personal Development: You are encouraged to step back and [plan your career](#) at Chico State.

Complete a [feedback survey](#) about the Reset our Mindset activities and get a free T-shirt!

[Carolina \(From the Motion Picture Where the Crawdads Sing\)](#)

Taylor Swift



Song

[Egg Carton Turtles](#)

Repurpose an old egg carton and make these adorable turtles with the kids.



Kid's Corner

[Bookworm Paper Roll Pencil Holder](#)

A fun, frugal and sustainable project that is perfect for back to school.



[Pressed Flowers](#)

If your kids are nature lovers, they'll love making pressed flowers for their handmade cards or art. This is also a great way to recycle flower bouquets.



And a few jokes:

What do you call an alligator detective?
An investi-gator

Why did the scarecrow win an award?
Because he was outstanding in his field.

What kind of music do planets like?
Neptunes

Summer is over.

Time to officially
remember what
day of the week it is.



someecards
user card

Two kinds of people when going back
to school



□ LOL!!!



[Summery Grain Salad](#)

Similar to toubouli, and just as delicious. Turn it into a main dish by stirring in a can of drained beans or tuna!



What's in Season

[Peach & Avocado Salad](#)

This summer salad features ripe peaches and avocado over fresh arugula. It's healthy and delicious!



[30+ Easy School Lunches](#)

School lunch ideas that are healthy, kid-friendly and perfect for picky eaters. Lots of options for no cooking, no heating required!



Photos



Cinema

| TV or Movie Recommendation | How to Watch | Rating |
|---|--------------|--------|
| Sea Beast | Netflix | PG |
| <p>Synopsis: When a young girl stows away on the ship of a legendary sea monster hunter, they launch an epic journey into uncharted waters – and make history to boot.</p> | | |
| Akeelah and the Bee | Hulu | PG |
| <p>Synopsis: Akeelah, an 11-year-old girl living in South Los Angeles, discovers she has a talent for spelling, which she hopes will take her to the National Spelling Bee. Despite her mother's objections, Akeelah doesn't give up on her goal. She finds help in the form of a mysterious teacher, and along with overwhelming support from her community, Akeelah might just have what it takes to make her dream come true.</p> | | |
| Turning Red | Disney+ | PG |
| <p>Synopsis: Young actress Rosalie Chiang lends her voice to Mei Lee, a 13-year-old who suddenly “poofs” into a giant red panda when she gets too excited (which is practically ALWAYS). Sandra Oh voices Mei Lee’s protective, if not slightly overbearing mother, Ming, who is never far from her daughter—an unfortunate reality for the teenager.</p> | | |

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