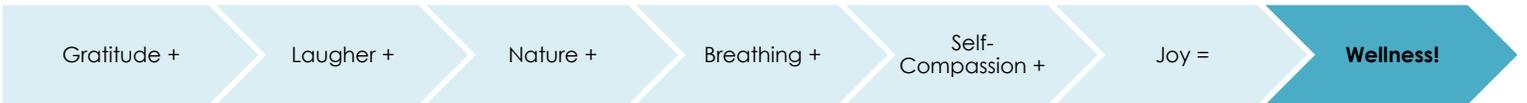




CHC Well: Welcome to the CHC Worksite Wellness newsletter. During this Planet Reboot, the Worksite Wellness Committee is encouraging a Wellness Reboot for the staff of CHC. Enjoy!



Wellness Tips

WHY IS SLEEP IMPORTANT FOR YOUR MENTAL HEALTH?
@journey-to-wellness

- DISRUPTS HORMONES
- GOOD SLEEP INCREASES RESILIENCY
- POOR SLEEP MAKES IT HARD TO COPE WITH STRESS
- LACK OF SLEEP = MORE IMPULSIVE, IRRITABLE & SENSITIVE
- SLEEP PROBLEMS MAY BE A SYMPTOM OF DEPRESSION & ANXIETY - BUT LACK OF SLEEP MAY CONTRIBUTE TO CAUSE THESE PROBLEMS TOO
- GOOD SLEEP HELPS YOU REGULATE YOUR EMOTIONS
- ALLOWS BODY TO REPAIR ITSELF
- BRAIN CONSOLIDATES OUR MEMORIES & PROCESS INFORMATION
- MISSING OUT ON SLEEP PUTS THE AMYGDALA INTO OVERDRIVE & DISRUPTS ITS COMMUNICATION WITH THE PRE-FRONTAL CORTEX
- LACK OF SLEEP WEAKENS IMMUNE SYSTEM
- LACK OF SLEEP INCREASES RISK OF MENTAL HEALTH CHALLENGES
- TIME FOR OUR BRAIN & BODY TO REST & NOT RESPOND TO EXTERNAL STIMULI

[Black History Month](#)

- Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Learn the history of this celebration.

[How Educators Can Help Make a Kinder World](#)

- By integrating character education, Social and Emotional Learning, and mindfulness, schools can cultivate the inherent goodness in students.

[Five Skills We Need for the Year Ahead](#)

- It is in our DNA to care about the people in front of us and our community. What we need now are concrete ways to first foster our own well-being and then our relationships with others. Here are some ideas that people have embraced in 2020 that we can all try to hold on to moving forward in 2021.

[Is Dialogue Enough to Bridge Racial Divides?](#)

- Changing attitudes only goes so far when there are inequitable policies in place, one organizer learned.

[How to Overcome the Pressure to Always Do More](#)

- A vast majority of people in the world are being asked to do more than is psychologically or physically possible. And when you're asking people to do more than they can do, of course they're going to look and feel lazy, because they're being held to an impossible standard.



[The Top Seven "Science of Happiness" Podcast Episodes of 2020](#)

- We share our favorite podcast episodes of the year to help you find meaning, connection, and well-being.

TREAT YOURSELF HOW YOU WOULD
TREAT A SMALL CHILD



✿ IF SHE WAS HUNGRY, YOU WOULD FEED HER.

✿ IF SHE CRIED, YOU WOULD COMFORT HER.

✿ IF SHE MADE A MISTAKE, YOU WOULD FORGIVE HER.

✿ IF SHE FELL OVER, YOU WOULD DUST HER OFF + HELP HER TO HER FEET.

"I'll Be There" by The Jackson 5

- "I'll Be There" was a chart-topping hit that made The Jackson 5 the first black male group to achieve four consecutive number-one pop hits. Released when Michael was only 11 years old, this song contains lyrics that are warm and supportive.



Song

Valentine's Day

Candy, flowers, heart-shaped notes—what's not to like about Valentine's Day? This sweet celebration, which happens every year on February 14, is all about spreading the love. Here's why we celebrate.

[The Truth About Your Heart](#)

Kid's Corner

This Valentine's Day, millions of people will exchange heart-shaped gifts of all kinds, from candy to cards. Kids can read this and learn about their heart and the role it plays.

[Valentine's Day Popsicle Stick Puzzles](#) [Heart Corner Bookmarks](#)

Looking for a fun craft to do with the kids this Valentine's?



[11 Surprising Ways to Show Your Pet You Love Them](#)

- To express your love, it helps to understand a bit about animal behavior and how social cues, expressions and actions could be interpreted by your pet. Here are 11 surprising ways to strengthen your bond with your animal.



Did you know...

- The dot over the lower case "i" or "j" is known as a "tittle."
- Space smells like seared steak.
- Humans are just one of the estimated 8.7 million species on Earth.
- For 100 years, maps have shown an island that doesn't exist. Sandy Island, from 1908 to 2012.
- It is illegal to sell a "bounceless" pickle to somebody in Connecticut.

And a few jokes:

- **How many apples grow on a tree?** *All of them!*
- **Want to hear a joke about construction?** *I'm still working on it!*
- **Why do skunks love Valentine's Day?** *Because they're scent-imental creatures!*

Enjoy these memes and posts about life as an adult...
(Click on the image to see more)

☐ LOL!!!

**REMEMBER WHEN YOU WERE
A KID AND YOU THOUGHT
BEING AN ADULT WOULD
BE FUN?**

**HAHAHAHAHAHAHA
HAHAHAHAHAHAHA
HAHAHAHAHAHAHA
LOL**

☐ What's in Season

Kiwifruit

✓ Cholesterol-Free ✓ Fat-Free

✓ Sodium-Free ✓ Gluten-Free

Contains more potassium than a banana. Excellent source of immune-boosting vitamin C

10.1g
CARBS

(per medium fruit)

2.1g
FIBER

42
CALORIES

0.8g
PROTEIN

0.4g
FAT

verywell



Did you know that kiwifruit is part of the berry family and grows on vines? Kiwifruit is considered the most nutrient-dense of all the fruits. You can find kiwi right now at your local farmers market.

When selecting kiwi look for firm unblemished fruit. You can store kiwi at room temperature for several days or keep in the fridge up to a month.

Kiwi's can be eaten with the skin on or off. This [video](#) will show you how to quickly remove the peel from a kiwi.

Remember to eat the rainbow



[Lemon Curd and Kiwi Crepes](#)

Enjoy these crepes Filled with Meyer Lemon Curd, Mascarpone Cheese and Kiwi.

And just a quick pasta dinner dish...

[15 Minute Buttery Garlic Ginger Noodles](#)

These garlic ginger noodles are sweet, salty, buttery, and totally delicious. They're quick and easy, and you probably already have most of the ingredients in your pantry!

Modify by adding vegetables and/or your favorite protein.



Photos



Cinema

TV or Movie Recommendation	How to Watch	Recommended By:
A Monster Calls	Netflix	
Synopsis: A boy seeks the help of a tree monster to cope with his single mother's terminal illness. Ancient, wild, and relentless, the Monster guides Conor on a journey of courage, faith, and truth that powerfully fuses imagination and reality.		
Self Made	Netflix	
Synopsis: Inspiring Netflix series all about the real-life story of Madam C. J. Walker – who tackles the life of America’s first black, self-made millionaire.		
Hidden Figures	Disney+	
Synopsis: The untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson brilliant African-American women working at NASA and serving as the brains behind one of the greatest operations in history the launch of astronaut John Glenn into orbit.		

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