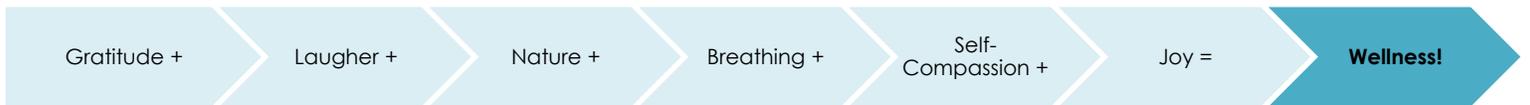




CHC Well: Welcome to the CHC Worksite Wellness newsletter. During this Planet Reboot, the Worksite Wellness Committee is encouraging a Wellness Reboot for the staff of CHC. Enjoy!



<input type="checkbox"/>	Wellness Tips	 <p><u>Earth Day- April 22nd</u></p> <ul style="list-style-type: none">• Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EARTHDAY.ORG including 1 billion people in more than 193 countries.
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[National No Housework Day: April 7th](#)

- Take a break from the sweeping, dusting and dishes. Dirty windows? They will wait one more day. The vacuum will remain banished to the closet. And mopping? Well, tomorrow it's a date.

[April Fools' Day](#)

- April Fools' Day—celebrated on April 1 each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery.

[Why Thinking Like a Scientist Is Good for You](#)

- Organizational psychologist Adam Grant explains the importance of questioning our knowledge and opinions in the face of new evidence.

[Signs You're Mentally Exhausted](#)

- It's kind of like physical tiredness, except it's your mind instead of your muscles. It tends to show up when you focus on a mentally tough task for a while. You might also feel this kind of brain drain if you're always on alert or stressed out. Your job, caring for children or aging parents, and other things can lead to mental exhaustion.

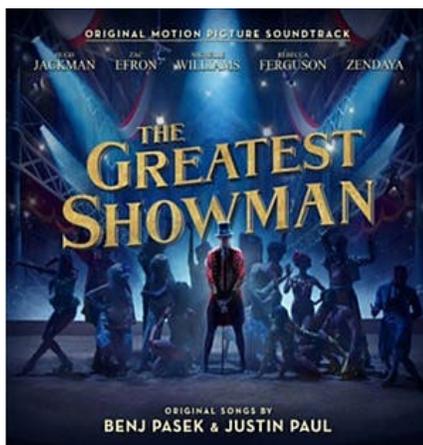
[What Happens to Your Body When You Relax](#)

- Your relaxation response kicks in when you feel safe. It can actually block effects from your body's response to stress. These changes are good for your mental and physical health.

[World Water Day](#)

- A United Nations–designated holiday that celebrates the importance of access to clean water. water advocates from all across the globe to describe what this resource means to them—and how they're fighting for it. Diandra Marizet of [Intersectional Environmentalist](#) describes what this resource means to her—and how she's fighting for it. [How Working with Dolphins Led Me to Painful Truths About Our Planet & Its People](#)

[The Greatest Showman Cast](#)



[Mandisa: Good Morning](#)



Song



[Easter Family Activity: Marbled Eggs with Whipped Cream Dye](#)

Easter is right around the corner – Sunday, April 4th. An Easter tradition is dying the shell of hard boiled eggs. This is a fun family activity that the children will enjoy. The end results are beautiful marbled eggs that are edible.

[Attend Virtual Children's Book Read-Aloud with author Mac Barnett](#)

Read-alouds are excellent at-home activities that keep children engaged without turning on the TV. Children's book author, Mac Barnett, posts live picture book story time every Saturday at noon on his Instagram page.

[Meet Bunny: The TikTok "Talking" Dog](#)

Bunny, a 1-year-old Poodle mix, is a TikTok celebrity known for her ability to communicate using sound-making buttons. Bunny has been observed as part of the TheyCanTalk study, which examines and determines if she can actually "talk."



And a few jokes:

- **Why don't scientists trust atoms?** *Because they make up everything!*
- **What's faster, hot or cold?** *Hot, because everyone catches a cold!*
- **What's black and white and red all over?** *An embarrassed zebra!*
- **Why is Cinderella bad at soccer?** *Because she runs away from the ball!*

□ **Kid's
Corner**

□

[It's Yucky!](#)

[Kids VS Vegetables](#)

Getting kids to try new foods or eat their vegetables can be amusing, funny and sometimes a nightmare!

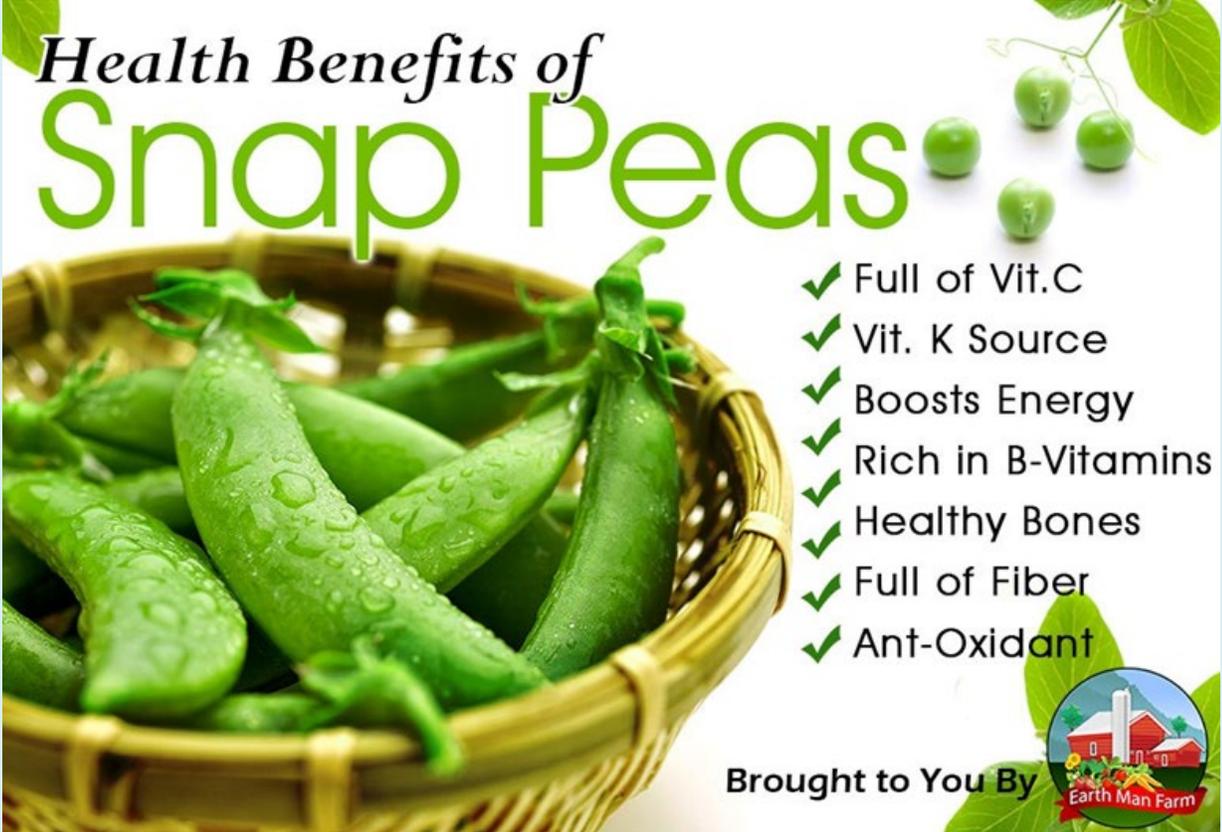
LOL!!!



[8 Hilarious Real Life Prank Stories for April Fool's Day](#)

In need of inspiration this April Fool's Day? From prank calls made by mischievous dads to satirical headlines gone viral, Canadians share their funniest (and most embarrassing) prank stories.

Health Benefits of
Snap Peas



- ✓ Full of Vit.C
- ✓ Vit. K Source
- ✓ Boosts Energy
- ✓ Rich in B-Vitamins
- ✓ Healthy Bones
- ✓ Full of Fiber
- ✓ Ant-Oxidant

Brought to You By 

□

What's in Season

- Peas have been grown and eaten for thousands of years. Peas have been found in historical sites dating nearly 10,000 years old.
- Christopher Columbus planted peas in the Americas in 1492. The Native Americans cultivated them soon after.
- Peas are a member of the legume family.
- There are two main kinds of peas and they are based on their pods.

- **Green (or garden) peas** have sweet, full-sized seeds, but the pods are not edible. After they are harvested, the peas are shelled and only the soft, seeds are used.
- **Edible-pod peas** produce peas that are encased in pods that do not need to be shelled.
- Sugar snap peas were developed in 1979.
- Edible pea pods have fibers that go in only one direction, allowing them to be easily chewed.
- Only 5 percent of peas grown are sold fresh.
- Thomas Jefferson planted more than 30 varieties of peas in his garden.
- Half of the sugar content of peas will turn to starch within six hours if kept at room temperature after harvest.

[Grilled Corn and Snap Pea Salad](#)
[Garlic Parmesan Sugar Snap Peas](#)
[Sesame Ginger Snap Peas](#)



Photos



Cinema

TV or Movie Recommendation	How to Watch	Recommended By:
The Greatest Showman	Disney+	
<p>Synopsis: Growing up in the early 1800s, P.T. Barnum displays a natural talent for publicity and promotion, selling lottery tickets by age 12. After trying his hands at various jobs, P.T. turns to show business to indulge his limitless imagination, rising from nothing to create the Barnum & Bailey circus. Featuring catchy musical numbers, exotic performers and daring acrobatic feats, Barnum's mesmerizing spectacle soon takes the world by storm to become the greatest show on Earth.</p>		
The New Adventures of Old Christine	HBO Max	
<p>Synopsis: Comedy. Divorced working mom Christine Campbell successfully juggles the stresses of motherhood and her business. Her young son attends a private school, and she gets along with her charming ex-husband even better than when they were married.</p>		
Jessica Jones	Netflix	
<p>Synopsis: A PTSD-stricken superhero hangs up her costume and opens her own detective agency in this superhero drama.</p>		

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