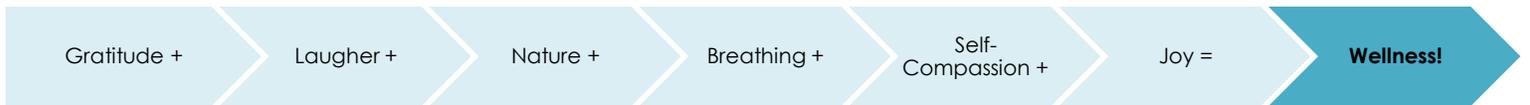




Welcome to the CHC Worksite Wellness newsletter. We are confident you will find something fun, useful, and/or inspiring to encourage you in your wellness journey.



<input type="checkbox"/>	Wellness Tips	<ul style="list-style-type: none">• <u>If You Think You Can't Forgive, Remember, You Do It All the Time</u><ul style="list-style-type: none">○ If a full amnesty for past wrongs or current wrongheadedness isn't possible, strive to separate the offender from the offense. That way you can more easily muster compassion for the actor, even if you can't manage clemency for the act. It's worth remembering, too, that we practice forgiveness all the time.○ Tip: Read mode [F9] will often get around paywalls• <u>How to Find Happiness When You Reflect on the Past Year</u><ul style="list-style-type: none">○ Reminiscing about the past is a year-end tradition, and it might also be a form of healing: The entire field of reminiscence therapy, for example, looks at how recalling memories can enhance our well-being.• <u>Two Surprising Ways to Make Your Holidays Less Stressful</u><ul style="list-style-type: none">○ We can find joy even if the holiday season doesn't live up to our expectations.• <u>Forest Therapy Tuesdays: Guided Nature Experiences for Wellbeing</u><ul style="list-style-type: none">○ Due to popular demand, they will be offering regularly scheduled <u>ON CAMPUS Forest Therapy experiences every 1st and 3rd Tuesdays of every month from 12:30-1:30 pm!</u>
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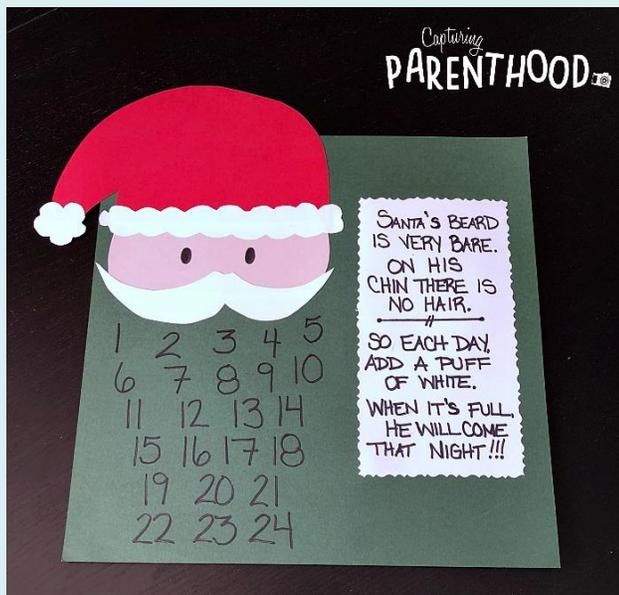
- *Forest Therapy is an opportunity to slow down and experience the natural world through your senses. During your guided immersion, a certified guide will offer a series of invitations to deepen your sensory experience and assist you in finding your own authentic way of interacting with the land. There's no right or wrong way to do it; just come and be yourself. These walks will be offered on the first and third Tuesdays of the month throughout the school year.*
- [We Want to Have Deeper Conversations With Strangers. Why Don't We?](#)
 - When we talk to strangers, if we talk to them, we often default to “small talk” or “chit-chat.” We may muse about the weather or a recent movie or what we did over the weekend. This surface-level talk may keep us comfortable, but it's often unfulfilling.
- [How Radical Friendship Can Lead to Social Change](#)
 - While many grapple with the question of how to be an ally to friends and colleagues across differences, is it time to re-think the meaning of allyship itself?

□ **Wellness Challenge of the Month**

Mini Mindful Meanderings

This month, challenge yourself to get outside at least a couple of times a week for a 10-20 minute mindful walk. The idea is to get quiet (leave your phone inside), and just observe what you see, feel, smell and hear. Take it slowly, and allow yourself to experience whatever is there—it is there for you to experience. No rushing this, and no judging. You might want to set up some reminders on your phone or set up a few calendar events so that you don't skip it. While there is so much rushing during the holidays, this will be a healthy way to slow down. Enjoy!

□ **Kid's Corner**



[Simple Santa Beard Advent Calendar](#)



[How to Teach Kids About the Diverse Winter Holidays](#)



[String of Lights Fingerprint Frame](#)

[The Sweetest Way to Tell Your Kids the Truth About Santa](#)

- Santa is everywhere you look during the holiday season, and that can be confusing for children. Seeing so many Santas inevitably brings up the question, "Is Santa real? And if Santa is real, which Santa is real?"



35+ QUICK & EASY WINTER KIDS CRAFTS THAT ANYONE CAN MAKE!

HAPPINESSISHOMEMADE.com

[Easy Winter Kids Crafts That Anyone Can Make](#)

And a few jokes:

- What is a scarecrow's favorite holiday food? **Stuffing**
- Why do mummies like holiday gifts? **Because of all of the wrappings**
- Why do robots take holidays? **To recharge their batteries**
- What do cats call mice on skateboards? **Meals on Wheels**
- **I trained my dog not to beg at the table.** How did you do that? **I let him taste my cooking.**

☐ LOL!!!



Feeling the Holiday Spirit? Watch this [Crazy Christmas Spirit Lady](#) for some laughs!

What's in Season

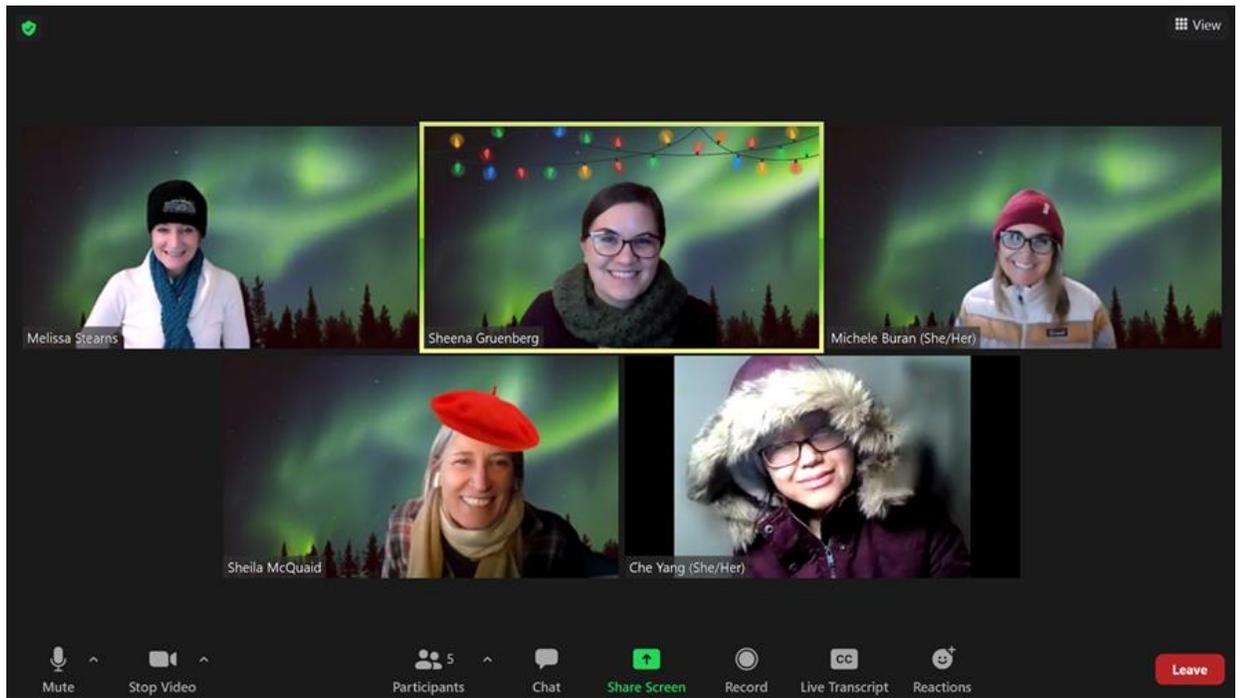


Romanesco Broccoli

IN STOCK at Chico Natural Foods Cooperative! Comanche Creek Farms – local & delicious! Surprise your holiday guests at the feast and sounds smart by talking about [fibonacci numbers](#)!

Photos





CHC Chilly Social Event



From the New York Times series What's going on in this picture?



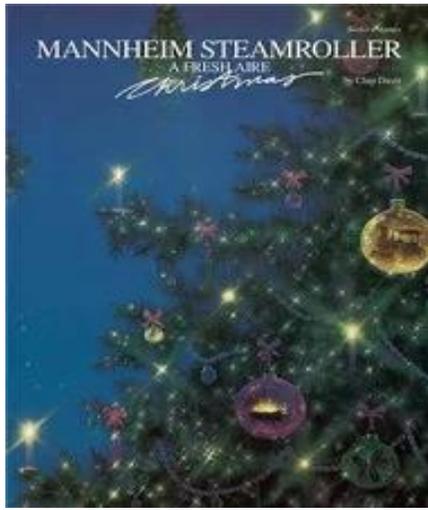
From the New York Times series What's going on in this picture?

Cinema

TV or Movie Recommendation	How to Watch	Rating
The Ms. Pat Show	BET+	100% Rotten Tomatoes
<p>Synopsis: A modern day "Archie Bunker" Ms. Pat sometimes struggles to adjust with moving her family from Atlanta to conservative Indiana. Although blunt and sometimes hardheaded, Pat loves her family and has an open-minded side that helps her to succeed as a black woman in a suburban white neighborhood.</p>		
The Matrix Resurrections	Theaters Dec 22, HBO	R
<p>Synopsis: Twenty years after the events of The Matrix Revolutions, Neo lives a seemingly ordinary life as Thomas A. Anderson in San Francisco where his therapist prescribes him blue pills. Neither he nor Trinity recognize each other. However, Morpheus offers him the red pill and reopens his mind to the world of the Matrix.</p>		
Maya and the Three	Netflix	TV-Y7
<p>Synopsis: Set in a world based on pre-colonial Mesoamerica and other indigenous cultures, Maya, a warrior princess, is celebrating her fifteenth birthday, but when the underworld gods appear and announce she must pay for her family's misdeeds, everything changes.</p>		



Song



Carol of the Bells by Mannheim Steamroller

<https://www.youtube.com/watch?v=8405nEFJXpk>