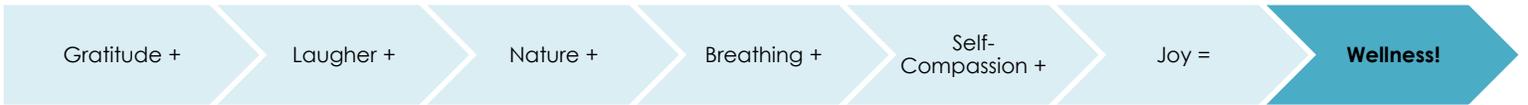




Welcome to the CHC Worksite Wellness newsletter. We are confident you will find something fun, useful, and/or inspiring to encourage you in your wellness journey.



**Wellness Tips**



[It's 'The Oscars' for iPhone Photography: See the Stunning Winners for 2021](#)

- Founded in 2007, IPPAWARDS has been celebrating the creativity of iPhone photographers since the phone first began to inspire, excite, and engage users worldwide.

### [Does Practicing Gratitude Help Your Immune System?](#)

- New research suggests that gratitude plays an indirect role in improving our health. Being grateful seems to have a lot of positive effects on our lives. In fact, grateful people may have better sleep, healthier hearts, and fewer aches and pains.

### [Can the Olympics Change How We Think About Mental Health?](#)

- This year's Olympics is raising questions about the relationship between success and well-being.

### [Seven Ways to Fight Bias in Your Everyday Life](#)

- Foster diversity and inclusion and build a better world by putting your beliefs into practice.

### [Mexico's Independence Day marks the beginning of a decade-long revolution](#)

- Commonly confused with Cinco de Mayo in the U.S., this holiday celebrates the moment when Father Hidalgo called for Mexico's independence from Spain in September 1810.

### [Suicide Prevention Awareness Month](#)

- September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. The goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.
- If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at **800-273-TALK (8255)** or call **911** immediately.

PODCAST: The Science of Happiness

### [Episode 98: How to Not Take People for Granted](#)

- What would life be like without the people you care most about? Our guest tries a practice to help appreciate loved ones.



**Song**

### [California Dreamin' – The Mamas & The Papas](#)

- Written by John Phillips and Michelle Phillips
- John and Michelle Phillips were members of the folk group the New Journeymen, which evolved into the Mamas and the Papas
- First recorded by Barry McGuire
- Best-known version is by the Mamas and the Papas released in 1965

- Mamas and the Papas sang backup on the original version
- Inducted into the Grammy Hall of Fame in 2001

Listen to this recent darker cover...

[California Dreamin' – Sia](#)

#### [Kid Friendly Pumpkin Spice Latte \(Sans Coffee\)](#)

- Pumpkin Spice Latte Steamer is a Starbucks® copycat that everyone (even the kids!) can enjoy. Without actual coffee to overpower the drink, the pumpkin flavor truly shines through. Throw everything into a blender, heat it up, and enjoy!

#### [Leaf Painting](#)

Turn fallen leaves into beautiful works of art with this craft for kids!



□ **Kid's  
Corner**

#### [Homemade Microwave Puffy Paint](#)

DIY paint that puffs up in the microwave? Sounds like a surefire hit to me!



### Labor Day

- A holiday celebrated in most industrialized nations is Labor Day. The first American Labor Day was celebrated in New York City in 1882. The holiday is similar to the May Day celebrations of labor and industrial production held since 1887 in socialist nations though it had a separate origin.

### A Different Way to Respond When Kids Do Something Wrong

- Restorative practices—taking responsibility, making amends, and seeking forgiveness—are an alternative to strict punishments and blame.

### Life for Pets When Their Humans Go Back to the Workplace

- If you've worked from home during the height of the COVID-19 pandemic, you -- or your employer -- might be ready to get back into the "work in person" groove. But your pets might have to get used to the idea first.

### Slideshow: Risky Mistakes Pet Owners Make

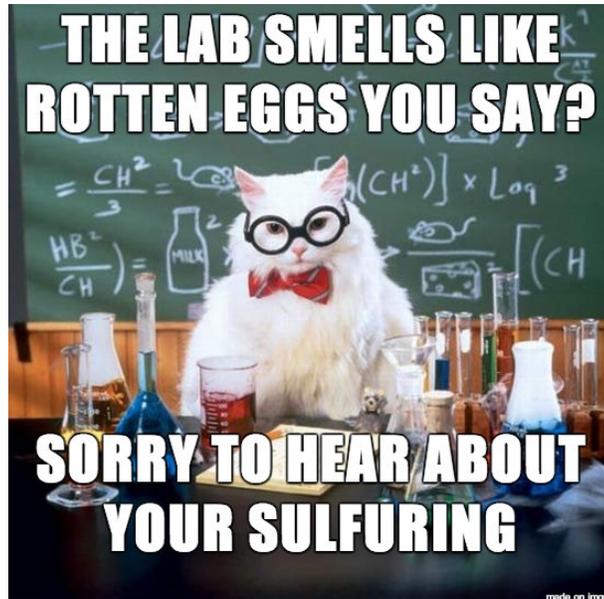
### 3 Things Your Cat Wants You to Know

- What's your kitty trying to tell you? Here are three simple things you can do to keep your cat purrfectly happy.

And a few jokes:

- **Why does a duck have tail feathers?** *To cover its butt-quack!*
- **What do you call a factory that makes okay products?** *A satisfactory!*
- **Where do you learn to make a banana split?** *Sundae school!*
- **Where do boats go when they're sick?** *To the boat doc!*

☐ LOL!!!



Boss: This is the third time you've been late to work this week. Do you know what that means?

Me:



# What is JICAMA?



**01** Jicama is a bulbous root vegetable described as a cross between an apple and turnip.

**02** Originally from the Mexican peninsula, it spread to the South Pacific when Spanish explorers brought jicama on their voyages.

**03** Jicama is commonly used in the Philippines, China, Vietnam, Malaysia and other parts of Southeast Asia.

**04** Jicama plants grow best in warm, tropical regions, which is why they're often found in Central or South American cooking.

**05** Also called a "Mexican turnip" or "yambean," the skin, stem and leaves are believed to hold toxic properties — it's grown for the inside fleshy part of its edible root.

□ What's in Season

## JICAMA NUTRITION

<b>SERVING SIZE</b> 1 cup sliced raw	<b>CALORIES</b> 49 kcal	<b>FIBER</b> 6 g
	<b>PROTEIN</b> 1 g	<b>FAT</b> 0 g
	<b>SUGAR</b> 2g	<b>CARBS</b> 11g

Vitamin C	2 mg   40% DV
Potassium	180 mg   5% DV
Manganese	1 mg   4% DV
Iron	7 mg   4% DV
Magnesium	4 mg   4% DV
Folate	4 mcg   4% DV

### [Vegan Chipotle Mushroom Tacos with Jicama Salad](#)

- Delicious plant-based, mushroom tacos, ready in minutes! Perfectly caramelized, chipotle-spiced mushrooms make a filling and satisfying vegan taco recipe. Top with a quick salad made from jicama, radish, and arugula, plus a few scoops of ripe avocado for a quick, easy and healthy dinner!



### [Romaine, Mango, and Jicama Salad](#)

- This refreshing salad is packed with vitamin A and has lots of fiber.



### [Vegan Trail Mix Cookies \(Gluten-Free + Grain-Free\)](#)

- Vegan, gluten-free trail mix cookies made with 10 wholesome ingredients and simple methods. A delicious, tender, chewy snack or dessert!



Photos



Cinema

TV or Movie Recommendation	How to Watch	Rating
<b>The Chair</b>	Netflix	TV-MA
<p><b>Synopsis: Comedy-Drama (Trailer)</b> At a major university, the first woman of color to become chair tries to meet the dizzying demands and high expectations of a failing English department.</p>		
<b>Cruella</b>	Disney+	PG-13
<p><b>Synopsis: Crime-Comedy (Trailer)</b> Set in London during the punk rock movement of the 1970s, the film revolves around Estella Miller, an aspiring fashion designer, as she explores the path that will lead her to become a notorious up-and-coming fashion designer known as Cruella de Vil.</p>		
<b>Only Murders in the Building</b>	Hulu	TV-MA
<p><b>Synopsis: Comedy-Mystery TV Series (Trailer)</b> Three strangers share an obsession with true crime and suddenly find themselves wrapped up in one. When a grisly death occurs inside their exclusive Upper West Side apartment building, the trio suspects murder and employs their precise knowledge of true crime to investigate the truth.</p>		

*If you have any recommendations, please email Melissa at [mstearns@suchico.edu](mailto:mstearns@suchico.edu)*