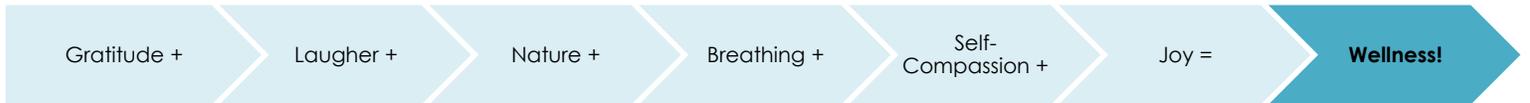




CHC Well: Welcome to the CHC Worksite Wellness newsletter. During this Planet Reboot, the Worksite Wellness Committee is encouraging a Wellness Reboot for the staff of CHC. Enjoy!



RELEASING ANXIETY STORED IN THE BODY

Forehead:

Soften between your eyes and above your brows

Neck:

Nod yes and no; take slow circles in both directions

Jaw:

Open and close your mouth, then shift left and right

Shoulders:

Drop and roll your shoulders away from your ears

Chest:

Place your hand on your chest and breathe deeply

Stomach:

Release the gripping in abs by swaying arms back and forth

Muscles:

Notice and relax big muscle groups

Hands:

Close into a fist and then release by spreading fingers

Booty:

Notice and release any clenching



@dr.kellyvincent

Inspired by @journey_to_wellness

Wellness Tips

[Some of the Most Inspiring Moments from 2020](#)

- By any standard, 2020 wasn't the best year. We won't repeat the litany of misfortunes that befell so many people, and instead note that each new disaster often brought out the best in humanity. Here we list just a few examples, which we hope to see more of in 2021.

[Ways to Wreck Your Sleep](#)

- A list of the most common things and situations that can disrupt and ultimately wreck our sleep.

[How to Work from Home with Less Pain](#)

- Performing repetitive activities from a less-than-ideal physical position can lead to numbness, tingling, and pain. Making some simple changes at home can make a big difference -- and the sooner the better, because once these problems kick in, it can be hard to calm them down. Here are some tips to help.

[3 Things You Can Do to Start A Year of Action](#)

- Let's say that you're ready to start over and really make this year a year of action. Whatever action you plan to take first, it's always best to plan accordingly and prepare for the journey ahead. After all, it's not an easy trek. Maintaining good habits and routines over the course of twelve days — let alone twelve months — is a challenge.

[61 Ways to Be Productive When You Work from Home](#)

- How do you get all your work done productively, efficiently, and without distractions while also ensuring that you don't become an overworked loner? Here are 61 of the best ways I know.

[Why Your Sacrifices Matter During the Pandemic](#)

- Tired of living with coronavirus restrictions? You're not alone. But here's why we need to persevere.

[Eating Matters: How Do We Use Food to Fuel Our Bodies?](#)

- In this free webinar, Join Dr. Reeta Achari, MD, a neurologist, as she discusses the connection between food, fueling our bodies, and different health issues.



EATING MATTERS: HOW DO WE USE FOOD TO FUEL OUR BODIES?

**THURSDAY, JANUARY 21
12:00–1:00 PM (CST)**

FREE WEBINAR

FROM THE COMMUNITY BIOETHICS AND AGING CENTER

SPEAKER: Dr. Madhureeta Achari, MD
Neurologist, Integrated Neurology

PRESENTED BY:  **HHCI** Hope and Healing Center & Institute

[How Listening to Music Can Have Psychological Benefits](#)

Song

- Listening to music can be entertaining, and some research suggests that it might even make you healthier. Music can be a source of pleasure and contentment, but there are many other psychological benefits as well. Music can relax the mind, energize the body, and even help people better manage pain.

[Meditation Relax Music](#)

- Meditation Relax Music Channel presents Peaceful Relaxing Music LIVE 24/7 for deep sleep. This is a mindfulness relaxing music combined with beautiful nature landscapes. Can be used to fall asleep fast, to beat anxiety, as Deep Meditation Music, Music for Yoga and Pilates, Music for Massage, Spa Music etc.

[5 Great Reasons to Cook with Your Kids](#)

- Kids may need to have frequent joyful experiences involving food to overcome the anxiety they may have around tasting the unfamiliar. Over time, cooking with your children can help build that confidence—and provide rich sensory experiences,

[Snowman Pancakes](#)

- Do you want to build a snowman? Of course you do! Especially when it's delicious snowman pancakes!

Kid's Corner



[Sweet Snack: Cinnamon Sugar Snowflakes](#)

- These cinnamon sugar snowflakes are not only fun to make with the kids, but they taste amazing too. And with only 4 ingredients, your kids will want to make them all winter long.



[How to Keep Your Pets Happy, Healthy, and Safe at Home During The COVID-19 Pandemic](#)

- How we handle our stress during this pandemic can affect our pets and may cause them to feel anxious, and in some cases, exhibit nervous behaviors. We can best help our pets by maintaining a healthy routine and taking good care of our own mental and physical health so that we can remain attentive and patient with them. Additionally, here are a few specific recommendations to help you and your pets during self-isolation or stay at home orders.

Did you know?

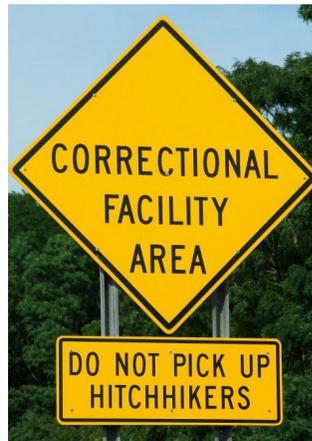
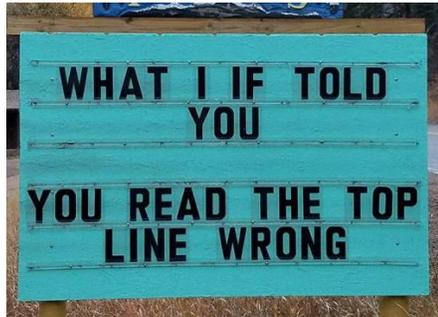
- Grapes catch on fire in the microwave! (Don't try this at home)
- There are almost 8 million possible seven-digit phone numbers per area code!
- Spaghetti, confetto, and graffito are the singular forms of spaghetti, confetti, and graffiti!
- McDonald's once created bubblegum-flavored broccoli!
- Nearly 30,000 rubber ducks were lost at sea in 1992 and are still being discovered today!

And a few jokes:

- **Why don't eggs tell jokes?** *They'd crack each other up!*
- **Did you hear about the guy who invented the knock-knock joke?** *He won the 'no-bell' prize!*
- **What rock group has four men that don't sing?** *Mount Rushmore!*
- **What's the difference between a poorly dressed man on a tricycle and a well-dressed man on a bicycle?** *Attire!*

Enjoy these funny signs from around the country! Click [HERE](#) to see more signs!

LOL!!!



□

What's in Season

www.checkyourfood.com

butternut squash

180g roasted is only 65 calories!

Which will give you:

- Vitamin A** - 74% of your RDA/RI
Contributes to your vision, immune system, absorption of iron (for energy creation) and has a role in cell 'specialisation'
- Vitamin C** - 29% of your RDA/RI
Protects your cells, supports your immune system, contributes to your skin, blood vessels, bones and organs and reduces tiredness and fatigue
- Vitamin E** - 27% of your RDA/RI
Contributes to the protection of your cells from the damaging effects of 'free radicals'.
- Magnesium** - 18% of your RDA/RI
Contributes to your energy needs, the maintenance of your mental and emotional state and reduces tiredness and fatigue
- Potassium** - 18% of your RDA/RI
Contributes to keeping your blood pressure normal and healthy muscle function

RDA = Recommended daily Amount



Butternut squash is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of a pumpkin. When ripe, it turns increasingly deep orange, and becomes sweeter and richer. It is a good source of fiber, vitamin C, magnesium, and potassium; and it is a source of vitamin A.

Although botanically a fruit, butternut squash is used culinarily as a vegetable that can be roasted, sautéed, toasted, puréed for soups such as squash soup, or mashed to be used in casseroles, breads, muffins, and pies.

Here are three butternut squash recipes you can try this winter!

[Perfect Butternut Squash Muffins](#)



[Curried Butternut Squash Soup](#)



[Butternut Squash Gnocchi with Sage Brown Butter](#)



Photos



Cinema

TV or Movie Recommendation	How to Watch	Recommended By:
Soul	Disney+	
<p>Synopsis: Ever wonder where your passion, your dreams and your interests come from? What is it that makes you... YOU? Pixar Animation Studios takes you on a journey from the streets of New York City to the cosmic realms to discover the answers to life's most important questions.</p>		
Headspace Guide to Meditation	Netflix	
<p>Synopsis: Over the course of eight animated episodes, Andy Puddicombe—former Buddhist monk and co-founder of the globally beloved Headspace meditation app—takes viewers through the benefits and science behind meditation.</p>		
Zoey's Extraordinary Playlist	Hulu and NBC	
<p>Synopsis: An American musical comedy-drama television series. The series stars Jane Levy as Zoey Clarke, a computer programmer who discovers she has the ability to hear the innermost thoughts of people as songs.</p>		

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