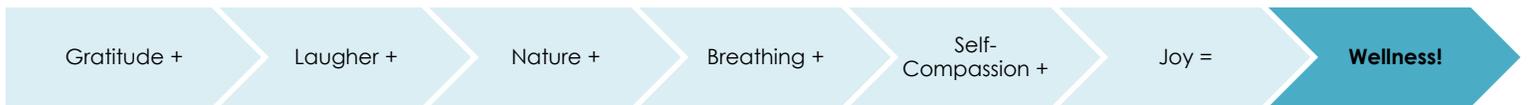




CHC Well: Welcome to the CHC Worksite Wellness newsletter. During this Planet Reboot, the Worksite Wellness Committee is encouraging a Wellness Reboot for the staff of CHC. Enjoy!



Wellness Tips



[June is Pride Month: Explore the History of the LGBTQ+ Movement in America](#)

- The uprising at the Stonewall Inn in June, 1969, sparked a liberation movement — a call to action that continues to inspire us to live up to our Nation’s promise of equality, liberty, and justice for all. Pride is a time to recall the trials the Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) community has endured and to rejoice in the triumphs of trailblazing individuals who have bravely fought — and continue to fight — for full equality. Pride is both a jubilant communal celebration of visibility and a personal celebration of self-worth and dignity.

-Joseph R. Biden Jr.

[You Are Good Enough](#)

- You are probably pretty spectacular in some way, and definitely good enough in most areas of life. If ever there were a time to stop beating yourself up for being human, it is now.

[12 Yoga Poses Anyone Can Do](#)

- Yoga can help tone muscles, build stamina, and relieve stress. No matter what style you choose, nearly all of them include a few key moves. Here's how to do them safely.

[The High Cost of Calm](#)

- The pursuit of calm can itself become a major stressor, especially if you've already tried the standard prescriptions. But there is a path through this conundrum.

[How to Get Stuff Done](#)

- Do you ever feel like you worked all day but didn't accomplish much? Where does all your time go? See what you can do to stop wasting time, once and for all.

[How to Make Your Home Office Ergonomic](#)

- After a year of working from home, you may think you've figured out the best way to set up your desk, chair, and computer. Make sure you're right.

[Which Values Make You Happy? It Might Depend on Where You Live](#)

- A new study surveyed people in five regions around the world to see if the factors that influenced their happiness might be different. The discrepancies that the researchers found lend support to concerns that our current knowledge about well-being isn't as universal as we might think.





[Immigrants \(We Get the Job Done\)](#)

- The song "Immigrants (We Get The Job Done)" keeps the theme of power and strength, derived from a mixture of different colors and creeds coexisting in America. Its unique style stems from a diverse range of artists, like K'Naan (Somali-canadian), Snow Tha Product (Mexican-American), Riz MC (British-Pakistani), and Residente (Puerto Rican) and gives more credibility to the idea that immigration was and continues to be a movement and the fabric of America.

Song

[Also check out the rest of The Hamilton Mixtape](#)



Kid's Corner

[12 Summer Cooking Activities to Do with Kids](#)

- Whether you try making dessert sushi together or experiment with homemade butter or bread in bag, the bonding time you'll get from these 12 activities are priceless.



[Squirt Gun Painting](#)

- Bust summer boredom at home, school, or camp with Squirt Gun Painting, an amazing art experience for kids of all ages.



[Make Giant Paper Airplanes](#)

- Kids love paper airplanes! Breezy summer afternoons are perfect for launching them in a green space like a park or backyard.



[Why We Love Our Cats and Dogs](#)

- Whether it's an occasional shared sense of playfulness or our surging oxytocin when we gaze at each other, house pets and humans share a unique cross-species bond.



Did you know...

[The Forgotten History of Father's Day](#)

- Father's Day was not immediately accepted when it was proposed, and it did not become a national holiday in the U.S. until 1972 during President Richard Nixon's administration. Why was it a hotly contested debate? Read the forgotten history behind the day we celebrate our father figures.

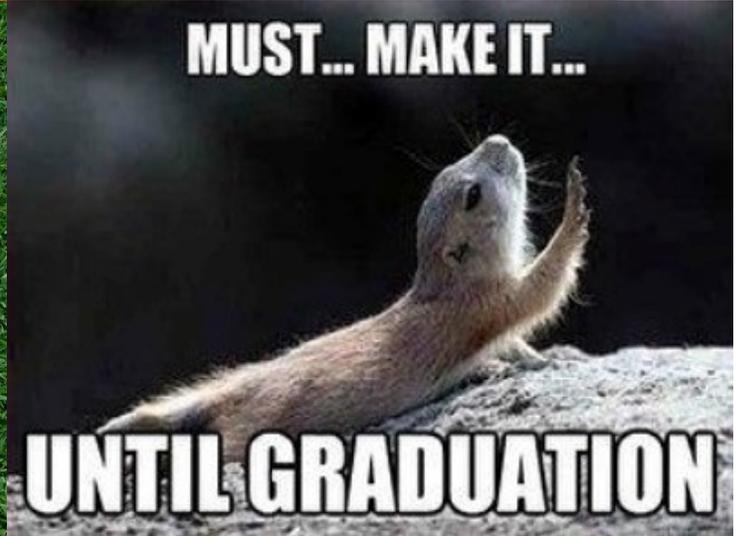
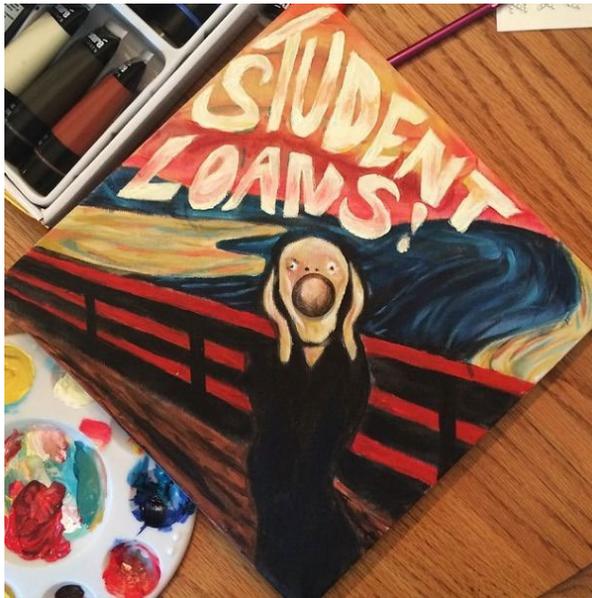
Father's Day around the world:

- In traditionally Catholic countries such as Spain and Portugal, Father's Day is observed on March 19, the Feast of St. Joseph.
- The Taiwanese celebrate Father's Day on August 8—the eighth day of the eighth month—because the Mandarin Chinese word for eight sounds like the word for “Papa.”
- In Thailand, Father's Day is celebrated on former King Bhumibol Adulyadej's birthday, December 5.

And a few jokes:

- **What do you call a fish wearing a bowtie?** *Sofishticated!*
- **What did one wall say to the other?** *I'll meet you at the corner!*
- **What's the difference between a poorly dressed man on a tricycle and a well-dressed man on a bicycle?** *Attire!*
- **What is the tallest building in the world?** *The library—it's got the most stories.*

Enjoy these creative and hilarious graduation caps!



LOL!!!

Enjoy these simple, fresh and flavorful recipes to celebrate June [being National Fresh Fruit and Vegetable Month!](#)

[5 Minute Strawberry Watermelon Sorbet](#)

What's in Season



[Colorful & Simple Healthy Slaw](#)



Photos

Cinema

TV or Movie Recommendation	How to Watch	Recommended By:
In the Heights	HBO Max	
<p>Synopsis: (Musical) Based on Lin Manuel Miranda’s first Broadway Musical, In the Heights is the story of Usnavi, a bodega owner who looks after the aging Cuban lady next door, pines for the gorgeous girl working in the neighboring beauty salon and dreams of winning the lottery and escaping to the shores of his native Dominican Republic.</p>		
Thunder Force	Netflix	
<p>Synopsis: (Comedy) Starring Octavia Spencer and Melissa McCarthy. Two childhood best friends reunite as an unlikely crime-fighting superhero duo when one invents a formula that gives ordinary people superpowers.</p>		
The Conjuring 3	HBO Max	
<p>Synopsis: (Horror) The third chapter of The Conjuring films, this one is based on the trial of Arne Cheyenne Johnson also known as the "Devil Made Me Do It" case. The first known court case in the United States in which the defense sought to prove innocence based upon the defendant's claim of demonic possession and denial of personal responsibility for the crime.</p>		

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