



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.

Gratitude +

Laughter +

Nature +

Breathing +

Self-
Compassion +

Joy =

Wellness!

**Wellness
Tips**

SELF-CARE TIPS FROM PIXAR CHARACTERS

The illustration features several Pixar characters demonstrating self-care activities:

- Mister Incredible: LIVE EVERY MOMENT
- Monsters Inc.: TALK TO A FRIEND
- Lightning McQueen: GO FOR A RUN!
- Sulley: WRITE IN YOUR DREAM JOURNAL
- Mr. Potato Head: COOK SOMETHING YUMMY!
- Bo Peep: FIND JOY IN THE SMALL THINGS!
- Cars: TAKE A DRIVE
- Angela: READ A BOOK
- Woody and Jessie: DANCE!
- Elastigirl: SING A SONG!
- Mrs. Potato Head: MEDITATE

Five Ways to Protect Your Emotional Health Post-COVID

- You don't need to pick up exactly where you left off. Use these tips to reflect on how you want your life to look.

What Daydreaming Does to Your Mind

- Science suggests that mind-wandering freely to more pleasant and playful thoughts may improve our mood and foster creativity.

How to Let Go

- We humans really like to cling to things, even things that we know are bad for us. Knowing ourselves is such an important part of our well-being that letting go of something central to the way we see ourselves can be scary. Here are some tips for letting go.

7 Ways to Boost Eudaimonic Well-Being

- Eudaimonia is a life well-lived. Here are some tips on how to create it.

The Science of Happiness: Episode 96: Don't Be Afraid of Your Anger

- What happens when we suppress our anger? And what if we tried to work with it instead?

The Science of Happiness Videos: Six Ways to Be a Better Listener

- Here are the do's and don'ts of good active listening.

"This Is Me" is all about standing up for yourself, being proud of who you are, accepting yourself with all your differences and insecurities. And loving yourself even when it seems like there's nobody else around you who loves you back. It's about stepping out from the shadows...not shyly, hesitantly, cautiously, but bravely, boldly and proudly.

[This Is Me – Keala Settle and The Greatest Showman Cast](#)

[This Is Me – Kesha \(The Greatest Showman Reimagined\)](#)

Song



Can We Help Young Brains Fight Off Anxiety?

New research suggests that training children in managing upsets may hold promise for preventing anxiety later in their lives.

How to Make a Calming Jar

- Is your kid feeling anxious or battling a case of the worries? Try a calming jar. The falling beads and glitter will help her slow down her breathing and relax.

How to Make Splatter Paint Sneakers

- Create your own designer sneakers at home with this simple splatter paint craft.

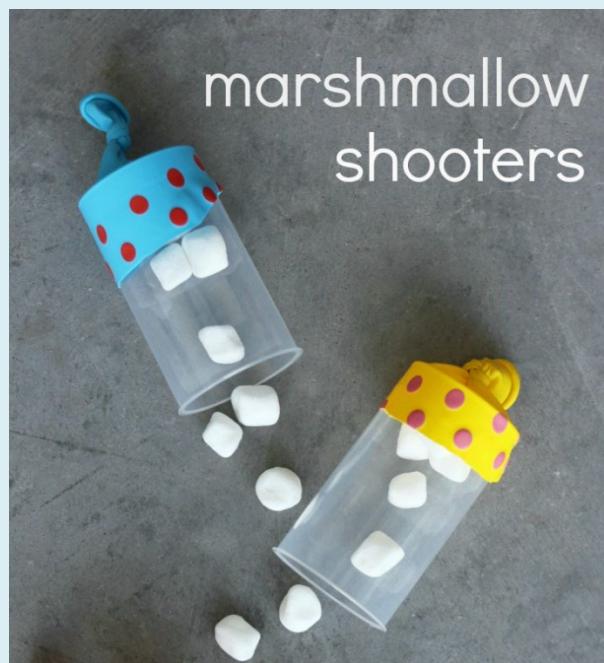


How to Make a Cool Time Capsule

A time capsule filled with special trinkets and memories is a fun activity to put together with your little one(s). Have them help decorate the box and curate which items to put in it.

Marshmallow Shooters

This marshmallow shooter DIY is a childhood must do! It's a simple kids activity that doubles as a science project



Did you know...

August is Family Fun Month!

- Each year, Family Fun Month is celebrated throughout the month of August. It is the opportune time to enjoy family with extra fun and activities.

You may want to:

- Go camping
- Go out for ice cream
- Enjoy a backyard campfire
- Build a backyard fort
- Family bike ride
- Hiking
- Day at the park
- Make a talent show
- Cook meals together
- Have a karaoke night

And a few jokes:

- **Why can't a farmer keep secrets on her farm?** Because the corn has ears, the potatoes have eyes and the beans stalk!
- **What did the zero say to the eight?** That belt looks good on you!
- **What do you call a belt made of watches?** A waist of time!
- **What happens when a strawberry gets run over crossing the street?** Traffic jam!

Enjoy some videos of kids doing some funny stuff!

[Singing Kid! | AFV](#)

[Funny Theme Park Videos! | AFV Funniest Kids Compilation](#)

LOL!!!



BLUE & PURPLE

| | |
|----------------|-------------|
| blackberries | plums |
| blueberries | prunes |
| black currants | purple figs |
| dates | raisins |
| eggplants | |
| grapes | |

RED & PINK

| | |
|-----------------|--------------|
| beets | pomegranates |
| cherries | radicchio |
| cranberries | red radishes |
| pink grapefruit | red apples |
| | red grapes |
| | red peppers |
| | red potatoes |
| | rhubarbs |
| | strawberries |
| | tomatoes |
| | watermelons |



GREEN

| | |
|------------------|-----------------|
| artichokes | kiwis |
| asparagus | leeks |
| avocados | limes |
| bok choy | mustard greens |
| broccoli | okra |
| Brussels sprouts | pears |
| celery | peas |
| collard greens | romaine lettuce |
| cucumbers | snow peas |
| green beans | spinach |
| green cabbage | sugar snap peas |
| green grapes | watercress |
| green onions | |
| green peppers | |
| kale | zucchini |

ORANGE & YELLOW

| | |
|------------------|----------------|
| orange peppers | papayas |
| acorn squash | peaches |
| butternut squash | pineapples |
| apricots | pumpkins |
| cantaloupes | summer squash |
| carrots | sweet potatoes |
| corn | tangerines |
| grapefruit | yams |
| lemons | yellow apples |
| mangoes | yellow peppers |
| nectarines | yellow squash |
| oranges | |

WHITE

| | |
|----------------------|-----------|
| bananas | mushrooms |
| cauliflower | onions |
| garlic | potatoes |
| Jerusalem artichokes | parsnips |
| | shallots |

heart.org/HealthyForGood

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EAT SMART

MOVE MORE

BE WELL

Grain Salad with Corn and Tomatoes

- With its mix of colors, flavors, and textures—chewy grains, crunchy corn, and juicy tomatoes—this salad has it all!



What's in Season

Mega Crunchy Romaine Salad with Quinoa

- This salad is a big, colorful bowl of healthy, crunchy goodness. It packs great for lunch, if you just store the zippy cilantro-lime dressing separately.



Marinated Cucumber Salad

Simple and refreshing, just what you need on a hot summer day!



Photos



Cinema

| TV or Movie Recommendation | How to Watch | Genre/Rating |
|---|------------------|--------------------------|
| Ted Lasso | Apple TV+ | Comedy/TV-MA |
| <p>Synopsis: (Trailer) Ted Lasso, a small-time college football coach from Kansas hired to coach a professional soccer team in England, despite having no experience coaching soccer.</p> | | |
| History of Swear Words | Netflix | Docu-Series/TV-MA |
| <p>Synopsis: (Trailer) History of Swear Words, hosted by Nicolas Cage, is a loud and proudly profane series that explores the origins, pop culture-usage, science and cultural impact of curse words. Through interviews with experts in etymology, pop culture, historians and entertainers.</p> | | |
| Raya and the last Dragon | Disney+ | Family/TV-G |
| <p>Synopsis: (Trailer) Long ago, in the fantasy world of Kumandra, humans and dragons lived together in harmony. However, when sinister monsters known as the Druun threatened the land, the dragons sacrificed themselves to save humanity. Now, 500 years later, those same monsters have returned, and it's up to a lone warrior to track down the last dragon and stop the Druun for good.</p> | | |

If you have any recommendations, please email Melissa at
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