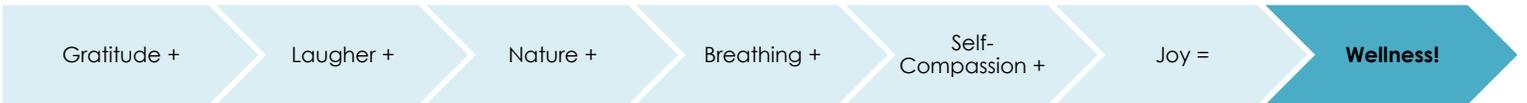




Welcome to the CHC Worksite Wellness newsletter. We are confident you will find something fun, useful, and/or inspiring to encourage you in your wellness journey.



Wellness Tips

THE TRAUMA STEWARDSHIP INSTITUTE'S

Tiny SURVIVAL GUIDE

PROTECT YOUR MORNINGS
[or whenever you wake up]
less cortisol, more intentionality.

GO OUTSIDE
[or look outside]
perspective, context + something larger than this.

BE ACTIVE
[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS
those that are edifying + healthy.

NURTURE GRATITUDE
what is one thing, right now, that is going well?

DETOX
if navigating addictions, be wise + safe
limit news + social media.

SPEND TIME WITH ANIMALS
↓ stress hormones, ↑ comfort.

METABOLIZE ALL-YOU ARE EXPERIENCING
re-regulate your nervous system.

SIMPLIFY
[less is more]
be aware of decision fatigue + cognitive overload.

ADMIRE ART
the gift of feeling transported.

LAUGH
pure humor = a sustaining force.

FOSTER HUMILITY & EXTEND GRACE
self-righteousness + hubris = unhelpful.

SLEEP
to cleanse + repair brain + body.

CLARIFY INTENTIONS
how can i refrain from causing harm, how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE
[with yourself]
be mindful of the quality of your presence. it means so much to others.

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(Click image to enlarge)

Why It's Important to Look Beyond the Surface of Things

- MIT professor, Sherry Turkle explains how her complicated life history led to her career researching the social impact of technology.

How Noticing Emotions at Work Can Build Trust

- People trust the person who acknowledges the emotion directly more than the person who acknowledges the situation. So, when we acknowledge emotions, we humanize and validate the person being acknowledged.

Finding Awe in the Ordinary (Video)

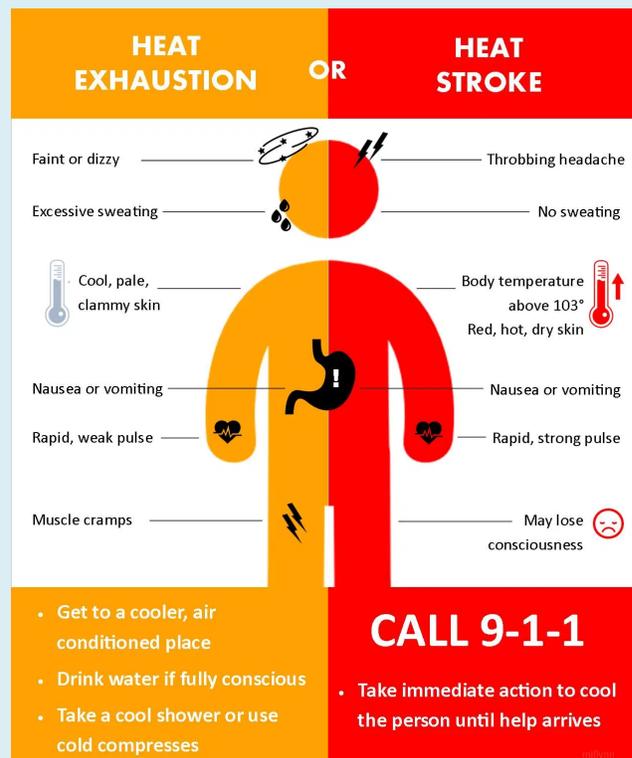
- Iraq War veteran and outdoors educator Stacy Bare learns to find wonder and beauty in the small things.
- Tune in to the [Science of Happiness podcast](#) to hear Stacy Bare's full story.

7 Tips & Tricks for Keeping Pests Out of Your Home this Summer

- Whether it's fruit flies or critters like mice, no one wants pests of any kind in their home. Here are seven methods for preventing or getting rid of pests.

17 Social Cues, What They Mean & How to Get Better at Reading Them

- Social cues are an unspoken part of virtually all interactions, and while they're common, we all recognize them to varying degrees and sometimes interpret them differently. Here, we dig into a number of social cues and what they mean, plus how you can get better at reading them.



"I Lived" is an inspirational track written by OneRepublic's frontman Ryan Tedder. Written to his four-year old son, he is encouraging him, based his own disposition concerning life, to "own every second" he is gifted with. Simply put, live life to its fullest.

[I Lived – OneRepublic](#)



[Why Do We Celebrate July 4 with Fireworks?](#)

The Independence Day tradition dates nearly as far back as the country's beginning and was proposed by one of the Founding Fathers.

Celebrate this 4th of July with some fun activities...

[Fireworks in a Jar](#) - all you need is a jar, water, oil and food coloring!

[Read a Book!](#) - The story of America is intertwined with immigration and refugees. Teach your kids about the refugee experience with one of these amazing books.

[Learn About the Science Behind Fireworks](#) - SpanglerScience TV showcases the science behind fireworks in this colorful lesson in chemistry.

[Dye Some Flowers!](#) – with a flower, water and food coloring you can make your own nature firework.



☐ **Kid's
Corner**

[A Better Way to Apologize](#) (Video)

Beyond saying "sorry," what else can you do?

[Hot Weather Safety Tips](#) (For your pets)

To prevent your pet from overheating, take these simple precautions provided by ASPCA experts.

It's Hot Out!

Don't Leave Your Pet in the Car!



A car can overheat **even** when the window has been left cracked an inch or two.



Young, overweight or elderly animals, or those with short muzzles or thick or dark-colored coats are **most at risk** for overheating.



Shady spots offer **little** protection on hot days, and move with the sun.



Even if the temperature outside is only 70°, the inside of your car may be as much as 20 degrees hotter!

On an 85° day, it only takes ten minutes for the inside of your car to reach 102°.

Within just 30 minutes, the car's interior can climb from 85° to a scorching 120°.

Did you know...

- Hot water will turn into ice faster than cold water.
- There are only two words in the English language that have all five vowels in order: "abstemious" and "facetious."
- It is impossible to lick your elbow.
- The Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.
- The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.
- Most people who read this will try to lick their elbow.

And a few jokes:

- **Which bear is the most condescending?** *A pan-duh!*
- **Want to know why nurses like red crayons?** *Sometimes they have to draw blood!*
- **When does a joke become a "dad joke?"** *When it becomes apparent!*
- **I used to hate facial hair,** *but then it grew on me!*

☐ **LOL!!!**

So, what do you do when a monster comes into your room? Watch [this video](#) and learn how this 3-year-old would deal with it!

July is National Picnic Month!

- Warmer weather and an abundance of fresh fruits and vegetables make July a perfect month for outdoor eating. Whether we pack meals for tailgating at sporting events, an afternoon get-away or a weekend of camping, picnics provide an excellent way to enjoy the company of friends and family away from home.
- The word picnic is derived from the French word pique-nique.

Grilled Marinated Vegetable Kabobs

- Marinated Vegetable Kabobs are delicious, and a great way to prepare vegetables. Veggie shish kabobs make any barbecue feel a little bit more like a celebration.



☐ **What's in Season**

No-Bake Berry Cheesecake Bars

- Is no-bake not tempting enough? What about a pecan and graham cracker crust for these berry cheesecake bars?



7-Ingredient Vegan Cheesecakes

- If you don't want the dairy or just want a different take on cheesecake, try these 7-ingredient vegan, gluten-free cheesecakes that are creamy, slightly tart, perfectly sweet, and 100% irresistible.



Photos



Cinema

TV or Movie Recommendation	How to Watch	Rating
High on the Hog: How African American Cuisine Transformed America	Netflix	TV-14
Synopsis: Docu-series (Trailer) Black food is American food. Chef and writer Stephen Satterfield traces the delicious, moving through lines from Africa to Texas in this docuseries.		
Luca	Disney+	PG
Synopsis: Family (Trailer) A coming-of-age story about one young boy experiencing an unforgettable summer filled with gelato, pasta and endless scooter rides. Luca shares these adventures with his newfound best friend, but all the fun is threatened by a deeply-held secret: he is a sea monster from another world just below the water's surface.		
Kim's Convenience	Netflix	TV-14
Synopsis: Comedy (Trailer) Kim's Convenience tells the funny and heartfelt story of the Kim family. Mr. and Mrs. Kim are Korean Canadian convenience store owners who have worked hard to give their now-twenty-something children, Janet and Jung, a better life in Canada.		

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