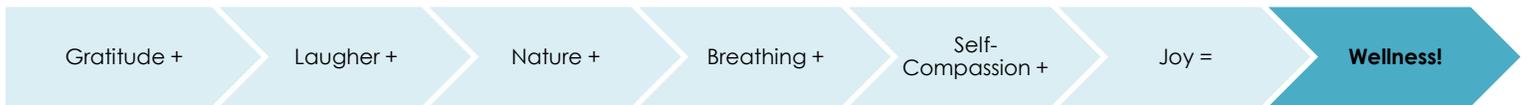




Welcome to the CHC Worksite Wellness newsletter. We are confident you will find something fun, useful, and/or inspiring to encourage you in your wellness journey.



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<input type="checkbox"/>	Wellness Tips	<p><u>8 Ways to Prep for Days That You Know are Going to Be Stressful</u> Conquer crazy-busy, conflict-prone days with these stress-busting strategies</p> <p><u>4 Mindful Tips to De-Stress This Holiday Season</u> Four ways to make your holidays brighter</p> <p><u>12 Tips for Eating Mindfully During the Holidays</u> Experts share their best advice for mindfulness to build a healthier relationship with food this season</p> <p><u>Tips to Have a More Eco-friendly Holiday</u> With a little planning, it's easy to "green" your holiday. Try these easy tips to make yours an eco-friendly holiday!</p>
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Mindful eating is a powerful habit you can develop to improve your relationship with food. Living busy lives, we often eat quickly and without ceremony, barely conscious of the food we are having. Learning to eat mindfully puts you back in control of your eating experience, letting you enjoy your food more.

Pick one meal of the day to engage in mindful eating – mindful eating entails using your senses (sight, taste, smell) to fully engage with the food in front of you. When you're cooking, serving, and eating your food, be attentive to color, texture, aroma, and even the sounds different foods make as you prepare them. As you chew your food slowly and thoroughly, try identifying the ingredients, especially seasonings. Example: if you use your morning coffee – what color is the coffee – is it different shades when you pour the milk in, what does the steam look like? What does it smell like etc.

Try to avoid eating on-the-go or watching a screen, these can be distractions to eating mindfully.

**Wellness
Challenge
of the
Month**



[Walking in a Winter Wonderland](#)

Bing Crosby

Song



[Paper Bag Snowman Craft](#)

This paper bag snowman craft is a simple and easy way to entertain the kids when it's too cold to go outside.

It's a simple winter craft for kids that requires only a few basic craft supplies you probably already have in your craft closet.

Kid's Corner



Holiday Character Candy Pots

Looking for a fun and simple Christmas kid's craft? These little holiday character pots are easy to make and turn out really cute. The kids will love it!



Wintery Window Popsicle Stick Ornaments

These are great for a wide range of ages, and you can tailor the tasks they have depending on how old they are!



And a few jokes:

Q: Where Do Snowmen Go to Dance?

A: To snowballs!

Q: What's A Snowman's Favorite Breakfast?

A: Frosted Flakes!

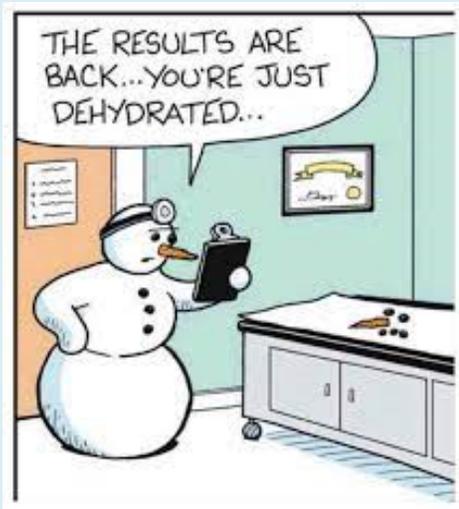
Q: What's a cow's favorite holiday?

A: Moo Year's Day



LOL!!!

My dog's favourite toy is Santa, so we brought her to see him



Butternut Squash and Apple Soup

Silky smooth, slightly sweet, and super-easy to make, this soup is a fall favorite!



Roasted Butternut Squash Tacos

Colorful butternut squash tacos with crisp slaw, black beans and guacamole! These tacos are a simple weeknight meal and a great option for vegan and gluten-free eaters.



□ **What's in Season**

Photos



Cinema

TV or Movie Recommendation	How to Watch	Rating
Enola Holmes	Netflix	PG-13
<p>Synopsis: While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.</p>		
The Santa Clause	Hulu	PG
<p>Synopsis This 1985 film stars Dudley Moore, John Lithgow and David Huddleston telling the story of Santa's origins and battle to save one of his elves from a greedy toy company executive. The fantasy film is rated PG, so it's a fun throwback for the whole family.</p>		
Safety	Disney+	PG
<p>Synopsis: Aided by his teammates and the community, Clemson University football player Ray McElrathbey succeeds on the field while simultaneously raising and caring for his 11-year-old brother, Fahmarr.</p>		

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

