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!

Gratitude + Laughter + Nature + Breathing + Self-Compassion + Joy = Wellness!

Daily habits that will change your life

- 1 hour exercise
- 2 liters of water
- 3 cups of tea
- 4 colours on the plate
- 5 minutes of meditation
- 6 songs that motivate you
- 7 minutes of laughter
- 8 hours of sleep
- 9 pages of a book
- 10 reasons to be thankful
March is Women's History Month
• The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

How the Science of Awe Shaped Pixar’s “Soul”
• A scientist and an artist explain how the new animated film uses visuals and music to bring awe to life.

New Ideas in Sleep Hygiene
• You may already know the standard advice for getting better sleep, practices known as “good sleep hygiene.” They can include keeping your bedroom cool and dark, limiting caffeine and screen time, and going to bed at the same time each night. If you still have trouble drifting off, you may want to look at some new things that people are trying so they can fall asleep.

Purpose in Life Quiz
• How strong is your sense of purpose? To find out—and discover steps for strengthening it—take this quiz, which is primarily based on the Claremont Purpose Scale developed by psychologists Kendall Bronk, Brian Riches, and Susan Mangan.

Stress and Anxiety Quiz
Is there too much stress in your life? To find out, take this quiz, adapted from a scale developed by Peter Lovibond at the University of New South Wales.

PODCAST: The Science of Happiness
• Episode 85: Why We’re Drawn to Nature
• What happens when we spend time outdoors? We explore how getting out in nature can restore peace of mind—and make us more creative.
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<th>Song</th>
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| Can't Help Falling in Love - Elvis Cover Claire Crosby  
  - 6-Year-Old Claire Crosby sings Can't Help Falling In Love by Elvis. She's been working really hard to learn this one on ukulele. |
| Disney Pixar’s Soul - Jon Batiste - It’s All Right (Soundtrack) |

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<tr>
<th>Kid's Corner</th>
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| St. Patrick's Day  
  Bring out your green! St. Patrick’s Day—observed every March 17—is packed with parades, good luck charms, and all things green. The event started as a religious holiday, but over time it's become a celebration of Irish culture. |
| Virtual Museum  
  - Take a virtual tour of some of the greatest museums from around the world. Research shows museum visits have serious educational value for kids of all ages. This kid friendly activity will foster curiosity and stimulate the brain. |
| Draw with Mo Willems  
  - Join children’s book author and illustrator Mo Willems in a series of doodle lessons for kids. Learn how to draw some of his quirky book characters. There’s a good chance you’ll be blown away by your kid's artwork. |
Watch TV with Finn

- Have you ever heard of a cat watching TV? It may sound a little strange at first, but cats are very visual creatures and love visual stimulation. Finn recommends his favorite "show" to all fur babies who are interested in watching TV with him.

(Photo submission by Ma Lai & Finn)

And a few jokes:

- What happened when the dog went to the flea circus? He stole the show!
- How does a squid go into battle? Well-armed!
- Why aren’t koalas actual bears? They don’t meet the koalafications!
- What did the swordfish say to the marlin? You’re looking sharp!
50 Jokes and Memes that People Who Grew Up In The ‘90s And 2000s Will Relate To

Sara Buckley
@nottheworstmom

In case you were having a good day, know that kids refer to the 90s as “the late 1900s”.
Alrighty. Have a good one!

Know Your Greens!
(Click image to enlarge)

So many different types of greens and salad options. Here are some links to favorite dressings and sites we go to for salad inspiration.

Favorite Salad Dressings:
Creamy Avocado Cilantro Lime Dressing
Lemon Vinaigrette
Sites we love for salad inspiration:

Cookie & Kate
Minimalist Baker

**Photos**

**Cinema**

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<tr>
<th>TV or Movie Recommendation</th>
<th>How to Watch</th>
<th>Recommended By</th>
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<td>Just Mercy</td>
<td>HBO Max</td>
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**Synopsis:** After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounters racism and legal and political maneuverings as he tirelessly fights for McMillian's life.
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<th>Nomadland</th>
<th>Hulu</th>
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<td><strong>Synopsis:</strong> An early Oscar favorite for 2021, Chloe Zhao’s <em>Nomadland</em> is a strangely familiar yet original revisiting of the 2008 financial crisis. The film centers on Fern (Frances McDormand), a woman who loses everything during the recession and decides to set off on a journey across the American West. Her Grapes of Wrath-esque journey becomes one of both rebirth and poignant directionlessness, where the reward truly isn’t the destination but the journey itself.</td>
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<th>Ginny &amp; Georgia</th>
<th>Netflix</th>
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<td><strong>Synopsis:</strong> <em>Ginny &amp; Georgia</em> follows Ginny Miller, a “15-year-old” who is more mature than “her 30-year-old mother, Georgia, in a New England town” where Georgia decided to settle down with her daughter Ginny and son Austin to give them a better life than she had.</td>
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*If you have any recommendations, please email Melissa at mstearns@csuchico.edu*