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.

- Step One: Catch Your Zzzz’s
- Step Two: Know What You Eat
- Step Three: Get a Move On

Read More at: https://www.holstonmedicalgroup.com/writing-your-2022-health-story
**Affirming Important Values**
Do you ever feel defensive or threatened by another person’s comment or opinion? When these feelings come up, practice this 15-minute reflection on values and characteristics that are important to you.

**10 Happiness Practices a Doctor Prescribes to His Patients**
In the face of COVID-19, one doctor is prescribing habits for health and happiness. Read along to discover 10 happiness practices you can implement to feel good and destress during a hectic day.

**Why Sad Songs Make You Feel Good**
We listen to sad music when we want to reflect, belong, or experience beauty or nostalgia. There are biological and physiological theories as to why listening to sad music can make us feel so good. Find out how sad songs can make you feel calm, consoled, and supported!

**Manage Your Energy, Not Your Time**
The new book “The Happiness Track” explains how to use the science of happiness to preserve your energy and be more productive. “The happiness Track” uncovers a modern age problem of burnout and overscheduled lifestyles. The author also outlines six qualities to cultivate to enhance productivity and happiness.

**Wellness Challenge of the Month**
This month, challenge yourself to take last month’s Wellness Challenge a step further. Instead of going outside for a walk, the challenge is to stay inside, find a comfortable chair, and set your timer for a 10-minute Mindful Moment. Close your eyes, take some deep breaths, and relax. Try to focus on what you are feeling around you, what you are hearing, what you are smelling. If intrusive thoughts pop into your head, thank them and release them. If you are having a hard time being mindful, use a mantra—something you repeat to yourself. It can be a word (peace, calm, love, etc.) or your name, or just a hum as you exhale. Try to do this at least a few times a week.

**Song**

*Easy On Me*
Adele
#2 on Billboard top 100
**Kid's Corner**

**Snowman Slam**
- Have fun with the whole family by creating this fun game with materials you likely have around the house!

**Dish Soap Silly Putty**
- Need a new and easy craft for your children? Here is a quick and easy two ingredient craft using only dish soap and cornstarch.
And a few jokes:
- How does a penguin build a house? Igloos it together.
- What does a ghost say on Jan. 1? Happy Boo Year!
- How was the snow globe feeling in January? A little shaken
- What is an angry polar bear’s favorite food? A "brr" "grm"!
What better way to keep warm this season than with soup. Try these delicious recipes with your family today!

**Quinoa Vegetable Soup**

January’s Harvest of the month is dried fruit. Whip up this delightful recipe with dried fruit from your local farmer’s market!

**Wild Rice with Dried Fruit and Nuts**
### Photos

- [Image 1](#)  
- [Image 2](#)  
- [Image 3](#)  
- [Image 4](#)  
- [Image 5](#)  
- [Image 6](#)  

## Cinema

<table>
<thead>
<tr>
<th>TV or Movie Recommendation</th>
<th>How to Watch</th>
<th>Rating</th>
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</thead>
<tbody>
<tr>
<td>Spider Man: No Way Home</td>
<td>In theaters</td>
<td>PG13</td>
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<tr>
<td><strong>Synopsis:</strong> With Spider-Man’s identity now revealed, our friendly neighborhood web-slinger is unmasked and no longer able to separate his normal life as Peter Parker from the high stakes of being a superhero. When Peter asks for help from Doctor Strange, the stakes become even more dangerous, forcing him to discover what it truly means to be Spider-Man.</td>
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<tr>
<td>The Book of Boba Fett</td>
<td>Disney +</td>
<td>TV 14</td>
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<tr>
<td><strong>Synopsis:</strong> Legendary bounty hunter Boba Fett and mercenary Fennec Shand must navigate the galaxy’s underworld when they return to the sands of Tatooine to stake their claim on the territory once ruled by Jabba the Hutt and his crime syndicate.</td>
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<tr>
<td>Just Beyond</td>
<td>Disney +</td>
<td>TV PG</td>
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<td><strong>Synopsis:</strong> Middle school feels like the worst place imaginable, but for Jess, Josh, and Marco, their school may actually be the worst place in this world...or any other!</td>
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If you have any recommendations or additions, please email Melissa at mstearns@csuchico.edu