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**

**Happiness Calendar for March 2022**

This month, stay open and curious with this day-by-day guide to well-being.

### March 2022

**Happiness Calendar**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>1. Watch a TV series that honours generation gaps.</td>
<td>2. Help your team get more sleep.</td>
<td>3. Explore your idea of leadership in real life.</td>
<td>4. Try not to compare your relationship with others’ relationships.</td>
<td>5. Take a moment to reflect on where you came from.</td>
<td>6. Resist the urge to give someone advice.</td>
<td>7. Recognize that your fears make you human.</td>
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<td>14. How mindful are you? Take our quiz to find out.</td>
<td>15. Put yourself out there and be vulnerable, you might be surprised at the response.</td>
<td>16. When you feel certain, ask yourself “Could I be wrong?”</td>
<td>17. Talk with kids about how to be a good person online.</td>
<td>18. 18. Be a model of integrity by being yourself.</td>
<td>19. Think about last time you were in conflict...</td>
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<td>26. Get a dose of awe in nature.</td>
<td>27. Keep a gratitude journal this week.</td>
<td>28. Reflect on what matters, equity, and justice mean to you.</td>
<td>29. When you feel certain, ask yourself “Could I be wrong?”</td>
<td>30. 30. Be a model of integrity by being yourself.</td>
<td>31. Remember that you’re never too old to grow and learn.</td>
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**Sympathetic Joy Quiz**
Do you notice joy in others and share in their happiness? Take this quiz and find out!

**Moving Your Body Is Like a Tune-Up for Your Mind**
Movement and exercise feel good, as you know if you’ve ever experienced a runner’s high, the restorative power of a pandemic afternoon walk, or a heart-pumping Zumba class. But what accounts for these benefits? Read through the article to find out!

**Gardening for Beginners: How to Plant**
Preparation and planting are the best ways to ensure your plants grow well. The more work you put in to preparing the soil, the better the results will be.

**Huelga! Teaching about the Legacy of César Chávez**
March 31 marks the birthday and national holiday of the great labor activist, César E. Chávez. Read along to learn the history of César E. Chávez and his fight for Farmworker awareness.

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**Wellness Challenge of the Month**

**Gratitude**
There is a lot of research on gratitude and your brain—one effect is that it can boost the neurotransmitter serotonin and active the brain stem to produce dopamine. The more we think positive, grateful thoughts, the healthier and happier we feel.

This month’s challenge is to do a daily practice of gratitude. For what are you grateful? For whom are you grateful? Spend two to three minutes in the morning (you can also do this in the evening, or both) and focus on something for which you’re grateful. Journal it, feel it in your heart. It can be something very simple such as being able to smell coffee, to something much more meaningful to you. Mark your calendar or set reminders on your phone to do this challenge.

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**Song**

**You Get What You Give**
New Radicals
Use these St. Patrick’s Day Cards to Spread Kindness this March

- Spread kindness this St. Patrick’s Day by writing on and sharing these printable St. Patrick’s Day cards with special people.

Spread Kindness With St. Patrick’s Day Cards

7 Fun Brazilian Foods to Try With Your Kids

- Get crafty in the kitchen with this year’s National Nutrition Month theme “Celebrate a World of Flavors” by inviting your kids to help prepare a meal inspired by a different culture.
And a few jokes:
  o **Why did the leprechaun go outside?** To sit on the paddy-o
  o **What do you call a fake diamond in Ireland?** A sham-rock
  o **Why was the sports fan acting so crazy?** He had March madness!
  o **What did the Irish potato say to his sweet heart?** I only have eyes for you

□ LOL!!!
QUICK PICKLED RED ONIONS

Learn how to make quick pickled red onions in just 30 minutes with 5 easy ingredients!
**Homemade Croutons**

The best part about homemade croutons is that you can use your favorite bread, even if it’s gone stale, and your croutons are ready in under 15 minutes.

![Homemade Croutons](image)

**Ginger Salad Dressing**

Ginger lovers, this salad dressing is for you! It’s warming, bright, but not too fiery.

![Ginger Salad Dressing](image)
**Encanto**

**Disney+**

**Synopsis:** The Madrigals are an extraordinary family who live hidden in the mountains of Colombia in a charmed place called the Encanto. The magic of the Encanto has blessed every child in the family with a unique gift -- every child except Mirabel. However, she soon may be the Madrigals last hope when she discovers that the magic surrounding the Encanto is now in danger.

**Tick, Tick... BOOM!**

**Netflix**

**Synopsis:** Based on the autobiographical musical by playwright Jonathan Larson. It's the story of an aspiring composer in New York City who is worried he made the wrong career choice, whilst navigating the pressures of love and friendship.

**Sing 2**

**Amazon Prime Video**

**Synopsis:** Can-do koala Buster Moon and his all-star cast of animal performers prepare to launch a dazzling stage extravaganza in the glittering entertainment capital of the world. There's just one hitch -- he has to find and persuade the world's most reclusive rock star to join them. What begins as Buster's dream of big-time success soon becomes an emotional reminder of the power of music to heal even the most broken heart.

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