



# COVID WELLNESS TIPS

Vol. 1, Issue 63; <http://tiny.cc/CCHSWellness>



## WE ARE ALL IN THIS TOGETHER

### HAPPY THANKSGIVING!

**We are wishing everyone a Happy Thanksgiving!** We are grateful to all of you who opted to lean-in to Wellness by contributing your tips, dance videos, pictures, and suggestions, reading/sharing our tips, and promoting a culture of wellness in our organization.

**Thanksgiving Day** has been designated also as a **National Family History Day**, a day to help families learn, collect, and share information about their family health history. By knowing and acting on our family health history, we can identify our risk for many common diseases, potentially reduce our disease risk, and change the family health history for future generations.

*May your Thanksgiving and the months to come be filled with peace, love, and joy.*



**Amanda Dold, Integration Service Manager, Behavioral Health Division (BHS)** is sharing the following brief exercise for you to practice mindfulness and gratitude during the holiday season. BHS also offers **Self-Care Sessions** on M/W/F, 4:10 PM – 4:30 PM: <https://cchealth.zoom.us/j/9258323238>.

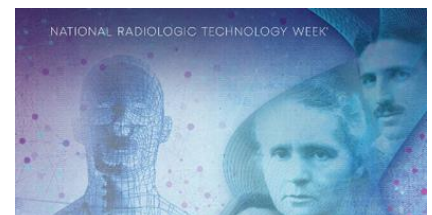
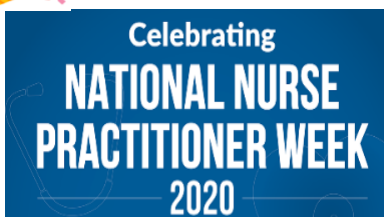
### GRATITUDE CHECK-IN

Ask yourself these three (3) questions (**write, reflect on the answers, or share with someone else**):

1. **What have I done today** to make someone else happy?
2. **What has someone done today** to make me happy?
3. **What have I learned today?**



### CELEBRATIONS: NOVEMBER 2020



**We care about you.** Thank you for all the wonderful things you do here at work. We welcome your Bright Spots, videos, and heartwarming ideas. **We are also distributing Wellness Kits at this time (available while supplies last).** Please contact [CovidWellness@cchealth.org](mailto:CovidWellness@cchealth.org). Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble

