

Weekly Digest

Out for Summer!

June 15, 2020

Taking Care....

Want to find ways to de-stress but don't have a lot of time? Kaiser Permanente has five different suggestions for quick ways to calm yourself throughout the day. Try one of them this week and see if you notice a shift in your stress levels. Learn more in this article at [kaiserpermanente.org](https://www.kaiserpermanente.org)

Culture

During COVID-19

Need a pick-me-up? Check out Raul Midón's phenomenal concert from home. Stunning vocals, guitar, and more! See "why he's normally one of the bright spots on our musical landscape and even more so at this moment" [Visit NPR's Tiny Desk Concert page for more!](#)

Check this Out!

An English coastline that reveals 200-million-year-old fossils as it erodes? Explore the Jurassic Coast in this fascinating article from the [Smithsonian Magazine](#).

Are we shaped by where we spend our time? While our personality may make us prefer certain places (like home, work, or school), the places where we spend the most time actually have the potential to shape our personality! [Learn more from this Stanford Study](#). How might these findings be applied to you or the world at large?

Ants that jump with their jaws? Learn about the bio-mechanics involved in this [fascinating video!](#)

Happy Pic Of the Week



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