
From: Employee Wellness
Sent: Tuesday, June 01, 2021 5:11 PM
To: County Staff
Subject: Summer is just around the corner!

In this issue: Our Parks & Beaches, Summer & Your Skin, Relaxation Zone, Healthy Recipes and more.

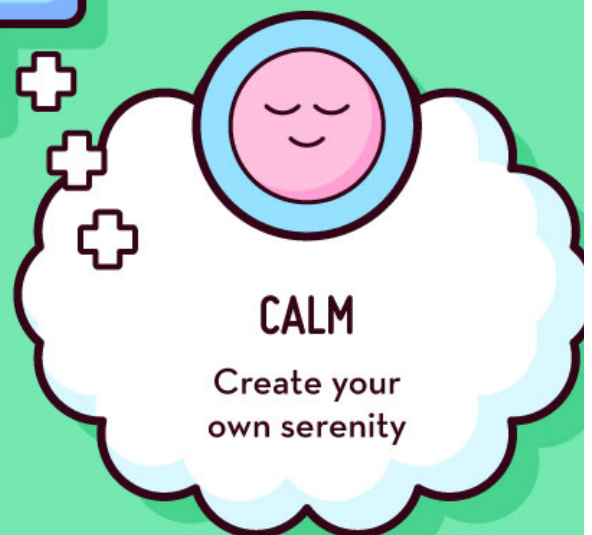
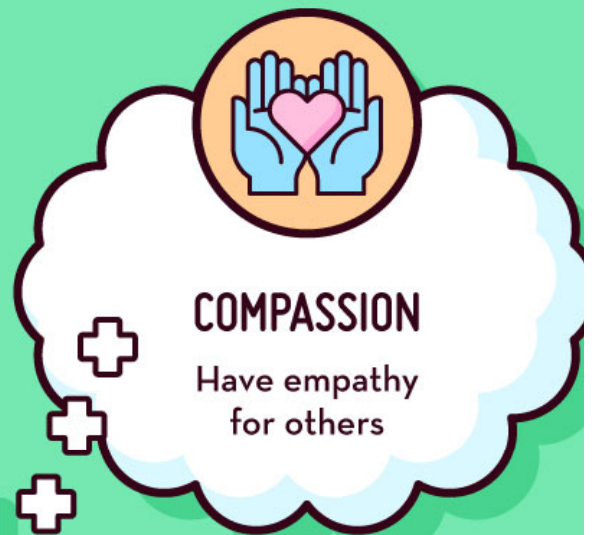
Employee Wellness



Destress Monday

PRACTICE POSITIVITY AND EVERYTHING ELSE FALLS INTO PLACE.

Four ways to bring good into your world.



[Click here](#) to learn more.

Our Parks & Beaches



Immersion into nature benefits your health – check out the Yale article on ecopsychology [here](#) to learn more and don't forget we're surrounded by nature and are fortunate to have many outlets for getting into nature close by. Visit a local park or beach to reset and reenergize:

[Quail Hollow Ranch](#)

[Seacliff State Beach](#)

[Henry Cowell Redwoods State Park](#)

[The Forest of Nisene Marks State Park](#)

[Sunset State Beach](#)

[Wilder Ranch State Park](#)

[Click here](#) to find others.

COVID-19 Vaccination Resources



On April 15th 2021, ages 16 and above became eligible for the COVID-19 vaccination. The Los Angeles Times reports that “one quarter of Californians have been fully vaccinated.” Do you know how to sign up for yours? There is so much information out there that it can be confusing so we’ve put together a quick list of links to provide a little guidance. With information changing frequently – it is best to refer back to these sites regularly.

[California Department of Public Health \(CDPH\)](#)

[Center For Disease Control \(CDC\)](#)

[Health Services Agency’s Local Information \(HSA\)](#)

Reminders for Summer...



The [Skin Cancer Foundation](#) guide to summer time fun.

The sun sustains life and feels good, but it can be your skin's worst enemy. While every sunburn can increase your risk of skin cancer, it's not just those big days at the beach or ballgame that cause trouble. Each time you run out to get

the mail, walk the dog or commute to work without sun protection also adds to the damage that can lead to skin cancer.

Cover It Up

Clothing can provide a great barrier against the sun's ultraviolet (UV) rays. Its protection is consistent over time and doesn't wear off like sunscreen does. Many new fabrics offer high-tech protection and breathability, too.

Play in the Shade

When you are outside, think of shade as your refuge, especially between 10 AM and 4 PM, the peak hours of sun intensity.

Know Your Sunscreen

Sunscreens come in many formulations and delivery methods, and it can take trial and error to find the one you like best.

Shield the Wee Ones

It's best in the first six months to keep infants out of the sun rather than use sunscreen on their sensitive skin.

Look Out for Windows

While glass blocks UVB rays pretty well, it allows UVA rays to pass through. This is true of your windows at home as well as on the road.

Say No to Tanning Beds

It's simple: Don't use a tanning bed — ever. Indoor tanning (even one time) raises the risk of all kinds of skin cancer, including melanoma. In fact, using a tanning bed before age 35 increases your risk of melanoma by 75 percent.

Early Detection Starts with You

Using sun protection consistently from an early age is the strongest defense against developing skin cancer.

[Click here](#) to learn more.

Health & Wellness Webinars



Blue Cross/Blue Shield

[Click here](#) for link to Wellness Webinars

Kaiser Permanente

****Pre-Recorded** Coronavirus/COVID-19: Mental Health & Wellness – [click here](#) for access**

****Pre-Recorded** Updates on COVID-19: – [click here](#) for access**

****Pre-Recorded** Humor for Health – [click here](#) for access**

****Pre-Recorded** Healthy Habits – [click here](#) for access**

****Pre-Recorded** Total Health Nutrition – [click here](#) for access**

****Pre-Recorded** Building Resiliency – [click here](#) for access**

****Pre-Recorded** Defeating Sleepless Nights – [click here](#) for access**

Sutter Health

***Pre-Recorded* Perfecting the Plant-Forward Taco**

[Click here](#) for access.

***Pre-Recorded* COVID-19 Vaccination and Talk**

[Click here](#) for access.

****Pre-Recorded** Optimizing Health In a Pandemic**

[Click here](#) for access.

****Pre-Recorded** Optimizing Your Immune System
Against COVID-19**

[Click here](#) for access.

Mental Health Corner



Mental Health America has compiled a range of resources and information to assist you during this stressful time. Mental health

information and resources related to COVID-19, isolation, anxiety, stress, and more can be found here:

<http://mhanational.org/covid19>

US Department of Health & Human Services website offers tips for coping after traumatic events and disasters. Many of our community members are evacuated from their homes and many have suffered the loss of their homes. All of us are experiencing this traumatic event in some way and it is important to take care of ourselves in the coming days and months. To learn more about coping with traumatic events and disasters from a mental health standpoint visit the US Department of Health & Human Services website [here](#).

Virtual Yoga Resources



Virtual yoga resources from our local community and yoga studio

YOGA ON WEDNESDAYS

Virtual Yoga class w/Leslie Goodfriend – Wednesday's 7-8pm

This is a beginner+ class. Have a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15.

VENMO - @Leslie-Goodfriend

To access this course – please use the following link.

<https://us02web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eGhkbU84bXRoQT09>

Meeting ID: 878 9103 1412
Passcode: 502478

ANYTIME

Ongoing Yoga, Relaxation & Meditation Resources:

Santa Cruz Yoga – check out their online class offerings

Yoga for All Movement

Farmer's Market



We're lucky to still have the Farmer's Markets. Fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!

The online Farmer's Market, [EATLOCAL](#) is back...check out their website [here](#).

Check out the local Farmer's Market – and don't forget to bring a mask.

Downtown Market: 1pm-5pm on Wednesdays

Westside Market: 9am-1pm on Saturdays

Live Oak: 9am-1pm on Sundays

Felton: 1-6pm Tuesdays

Scotts Valley: 9am-1pm Saturdays

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Healthy Recipes



Pepita & Cilantro Pesto



Corn & Chickpea Bowl with Miso-Jalapeño Tahini



Stress Relieving Quinoa Avocado Salad

Relaxation Zone



Meditation

UCLA – Mindfulness Awareness Research Center (MARC) has free guided meditations. Click on “meditation” above to learn more.

Meditation 101 – The Basics from Mindful.org. Follow this [link](#).

Body Scan

Mindfulness.org has many resources for meditation – check out their website to learn more about the body scan helps us relax from head to toe. Click on “body scan” above to learn more.

Helpguide's 13 minute body scan will help you start a mindfulness meditation practice. [Click here](#) for audio.

Employee Assistance Program (EAP)



Emotional Health

When you need a helping hand, a skilled professional can provide focus, direction and support. MHN can help you identify and resolve issues involving:

- Marriage and relationships
 - Family conflict
- Stress, anxiety and emotional distress
 - Grief and depression
- Alcohol or drug dependency
 - Life changes

Eligible members are entitled to:

- Face to face counseling - up to 5 sessions per incident per calendar year with an MHN network provider
- Telephonic consultations - for maximum convenience and anonymity
- Web-video consultations - convenient and easy, but with a more personal touch than traditional telephonic

For more information... login to MHN Employee Assistance Program:

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)