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**From:** Employee Wellness  
**Sent:** Monday, January 04, 2021 4:20 PM  
**To:** County Staff  
**Cc:** Michelle Moore  
**Subject:** Happy New Year!

**In this issue: January - National Blood Donor Month, Gratitude List, Fast & Healthy Recipes, Improve your Immunity and more.**

# Employee Wellness



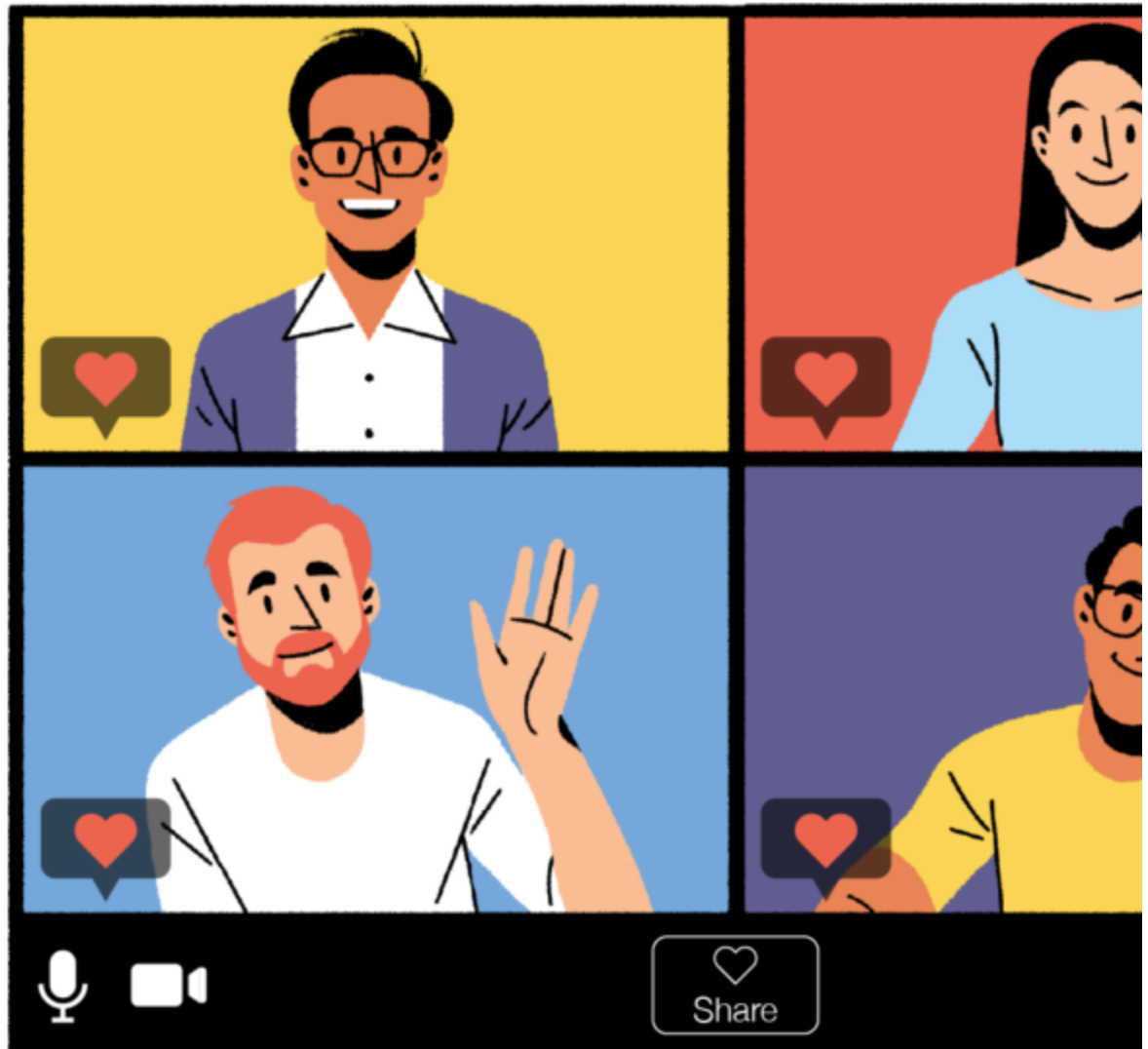
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# Gratitude List

# THIS MONDAY, REACH OUT TO 1 IN YOUR LIFE WHO MAKE IT

Start the week by writing a gratitude list and  
positive feelings with everyone who brightens

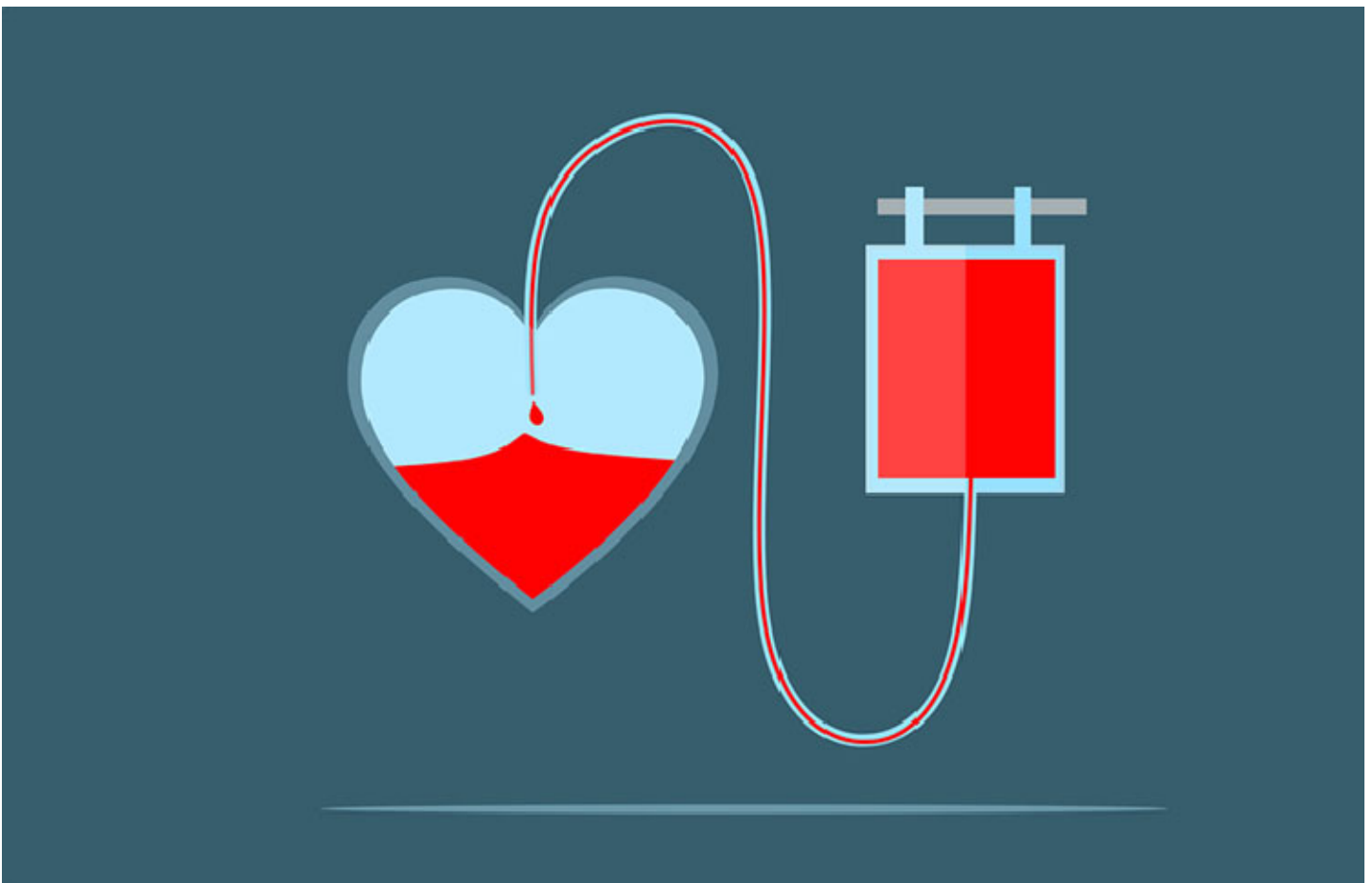


[Click here](#) for more information.

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# January - National Blood Donor Month



**COVID-19 & Donating Blood**

The American Red Cross is testing all blood, platelet and plasma donations for COVID-19 antibodies. As part of that effort, plasma from whole blood donations that test positive for COVID-19 antibodies may now help current coronavirus patients in need of convalescent plasma transfusions. The American Red Cross is committed to helping others in meaningful ways during this pandemic.

**Things to note:**

- Donating blood products is essential to community health and the need for blood products is constant.
- The Red Cross is part of our nation's critical infrastructure
- Healthy individuals can still donate in areas that have issued shelter in place declarations or are operating under a phased reopening plan.
- The Red Cross follows the highest standards of safety and infection control, and volunteer donors are the only source of blood for those in need.

Click [here](#) to view the American Red Cross' requirements to donate blood.

Find other donation drives [here](#).

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# Improving your Immunity



## How can I boost my immune system quickly?

- Eat more fruits, veggies (PREBIOTICS!) raw foods, high in antioxidants.

- Eat fermented foods: (PROBIOTICS) Foods alive with healthy bacteria- homemade kraut, pickles, kimchi, yogurt, etc.
- EAT Slowly-Digestible Starches -beans, legumes, sweet potatoes, whole grains (POST BIOTICS)
  - SLEEP
  - BREATH- move your body every day.
- TAKE Supplements: VITAMIN C, ZINC, VITAMIN D, Magnesium
- Lower anxiety-causing events. Turn off the news, try meditating.
  - Limit sugar and processed foods (that cause inflammation)
  - QUIT SMOKING!!!

[Click here for Immune Boosting Recipes](#)

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# Health & Wellness Webinars



**\*\*Pre-Recorded\*\* Men's Health: Living well in challenging times.**

**[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.**



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# Virtual Yoga Resources



Virtual yoga resources from our local community  
and yoga studio

**WEDNESDAYS**

## Don't miss the NEW 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 **NEW** link.

<https://us04web.zoom.us/j/74081836918#success>

Meeting ID: 74081836918

### **ANYTIME**

#### ***Ongoing Yoga, Relaxation & Meditation Resources:***

[Santa Cruz Yoga](#) – check out their online class offerings

[Luma](#) – offers Virtual Wellness (yoga, breathing, meditation, etc.)

[Luma Yoga Online Practice Library](#) – a variety of videos of yoga and breathing exercises

[Yoga for All Movement](#)

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# **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!

Online Farmer's Market at [Eatlocal.farm](https://eatlocal.farm) (temporarily closed)

Check out the local Farmer's Market too – 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:** CLOSED FOR THE SEASON

**Scotts Valley:** CLOSED FOR THE SEASON

**Aptos:** 8am-12pm on Saturdays

**Watsonville:** 3pm-7pm on Fridays

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# Fast & Healthy Recipe Corner



Instant Pot Wild Rice Soup with Mushrooms & Spinach



[Chimichurri Poblano Turkey Burger](#)



[Chipotle Portobello Taco](#)

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# Mental Health Corner

#DESTRESSMONDAY



BREATHE WITH THE SHAPE

**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](#).



## Other Resources

### Breath Work

Harvard Medical - Relaxation techniques: Breath control helps quell errant stress response

Greatist - 6 Breathing Exercises That Can Help You Relax in 10 Minutes or Less

### Sound Bath

Enjoy a relaxing sound bath experience with waves, marine animal sounds (Monterey Bay), and calming instrumentals. [Click here](#) to access this sound bath.

### Meditation

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

Meditation and Mindfulness – sponsored by the Smithsonian.

### 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.

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# Employee Assistance Program (EAP)



## Personalized Wellness Coaching

Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the support, resources and accountability you need to succeed.

Our certified coaches can help you with all sorts of health issues, including:

- Weight management

- Smoking cessation
- Fitness and exercise
- Stress management
- Overall lifestyle improvement
- Lifestyle support for chronic conditions such as asthma, diabetes, and cardiovascular disease

To enroll:

Please contact MHN at 800-242-6220 TTY/TDD callers: 1-800-526-7014

Monday through Friday, 7:00 a.m. to 7:00 p.m.

Pacific time; all other times, call 1-800-327-0801.

We'll help you schedule an initial goal-setting consultation with your coach. This phone call usually lasts about 45-60 minutes. Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals.

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

**[members.mhn.com](https://members.mhn.com)**

**Select MHN EAP Employee Assistance Program Resources**

**Company code: [santacruz](#)**