
From: Employee Wellness
Sent: Tuesday, January 12, 2021 4:43 PM
To: County Staff
Cc: Michelle Moore
Subject: National Blood Donor Month - January

In this issue: Tips for Managing Stress, Stress Relieving Recipes, Self-care and more.

Employee Wellness

5 TECHNIQUES FOR STRESS MANAGEMENT



DEEP BREATHING



MINDFULNESS



MOVEMENT



POSITIVITY



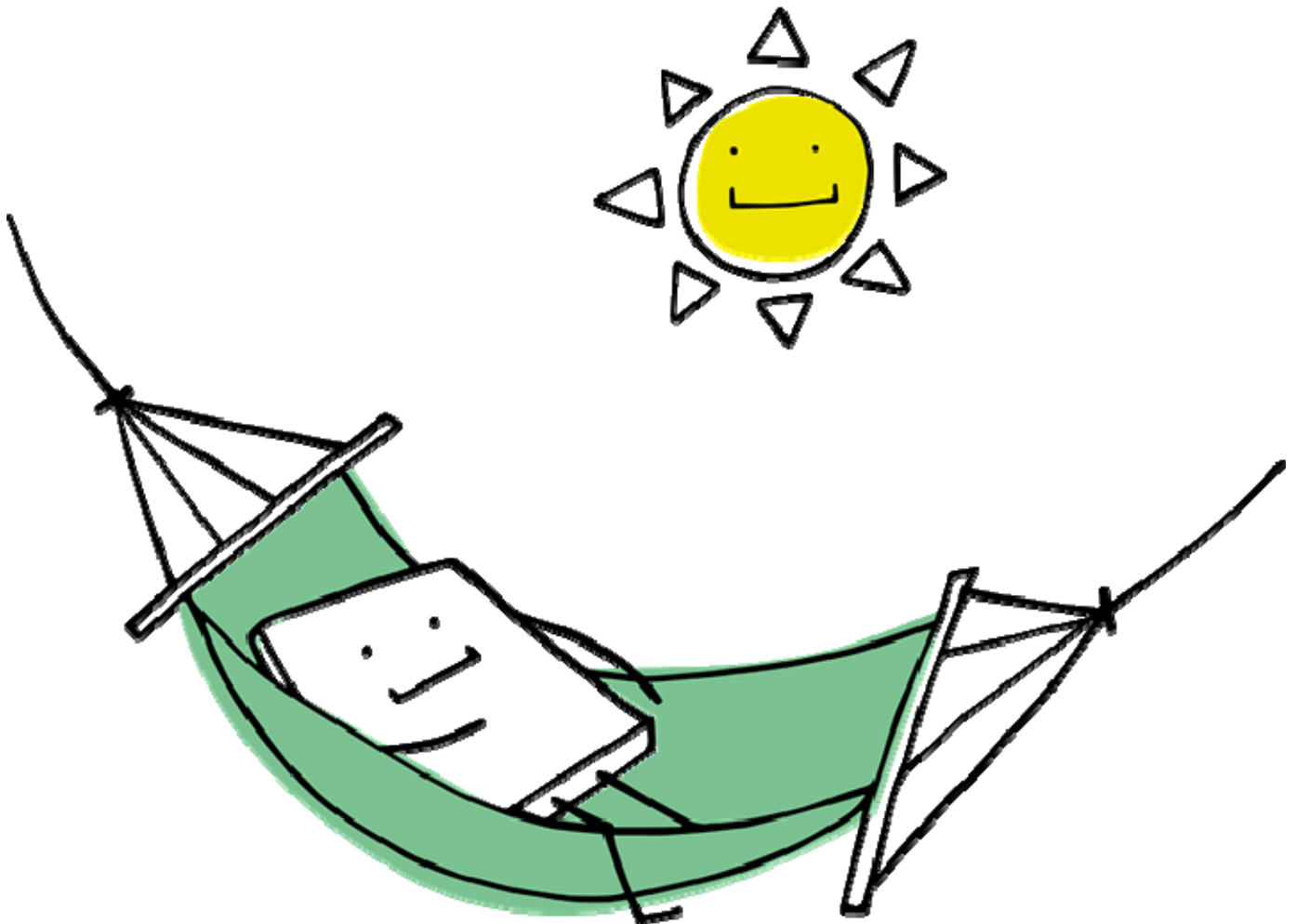
SELF-CARE

#DeStressMonday

DeStressMonday.org



Ideas for Destressing



- **Learn to Say No** - It is wonderful to help out whenever we can, but make sure you make yourself a priority and realistically evaluate what you can handle while keeping stress low and quality family time high.
- **Exercise, even if it's just a little** - exercise is really helpful in reducing stress in the body. It releases endorphins, helps the body regulate insulin, and improves hormone levels. Exercise also

boosts your immune function and helps the body use up excess stress hormones.

- **Reduce Exposure to Toxins** - If the body is in a state of stress, the liver and kidneys are also not functioning optimally, making toxin removal slow and ineffective.

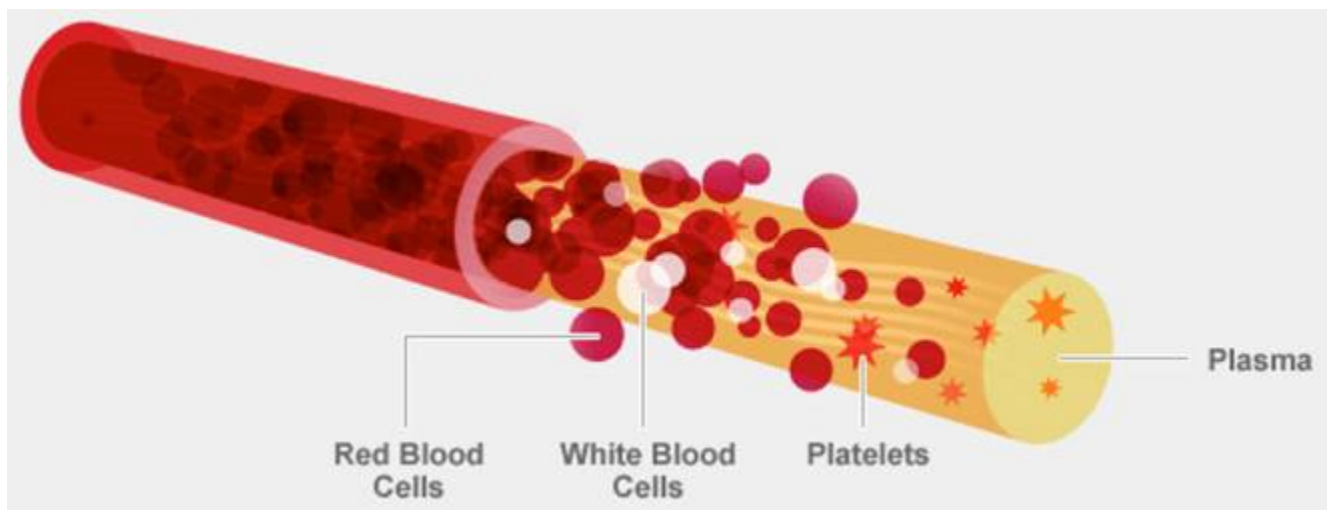
Top steps for reducing toxins include:

- using only natural beauty and personal care products
 - avoiding plastics and storing food in glass
 - drinking enough water to make sure toxins are being flushed out
 - avoiding processed foods full of chemicals
 - using only natural cleaning products
 - avoiding environmental toxins like pesticides and herbicides
- **Get enough good fats** - a low-fat diet can actually be a stress on the body, as it won't have the raw materials it needs to function at its peak. Fats are present in every cell in your body and are necessary for enzymatic reactions and hormone production.
 - **Take in more Antioxidants** - in the face of stress, the body compensates by speeding up adrenal production. This uses up the vitamins and minerals we take in at a much faster rate and can lead to depletion if not replenished with antioxidant and nutrient rich foods.
 - **Listen to music** - silence is golden, but music has therapeutic effects on the brain and body too.

[Click here](#) for more ways to destress.

Types of Blood Donation

National Blood Donor Month



Power Red Donations (1.5 hours)

You give a concentrated dose of red cells, the part of your blood used every day for those needing transfusions as part of their care. This type of donation uses an automated process that separates your red blood cells

from the other blood components, and then safely and comfortably returns your plasma and platelets to you.

Who it helps: typically given to trauma patients, newborns and emergency transfusions during birth, people with sickle cell anemia, and anyone suffering blood loss.

Platelet Donations (2.5 – 3 hours)

Platelets are tiny cells in your blood that form clots and stop bleeding. an apheresis machine collects your platelets along with some plasma, returning your red cells and most of the plasma back to you. A single donation of platelets can yield several transfusable units (vs. 5 whole blood donations).

Who it helps: Platelets are a vital element of cancer treatments and organ transplant procedures, as well as other surgical procedures.

Plasma Donations (1 hours 15 mins)

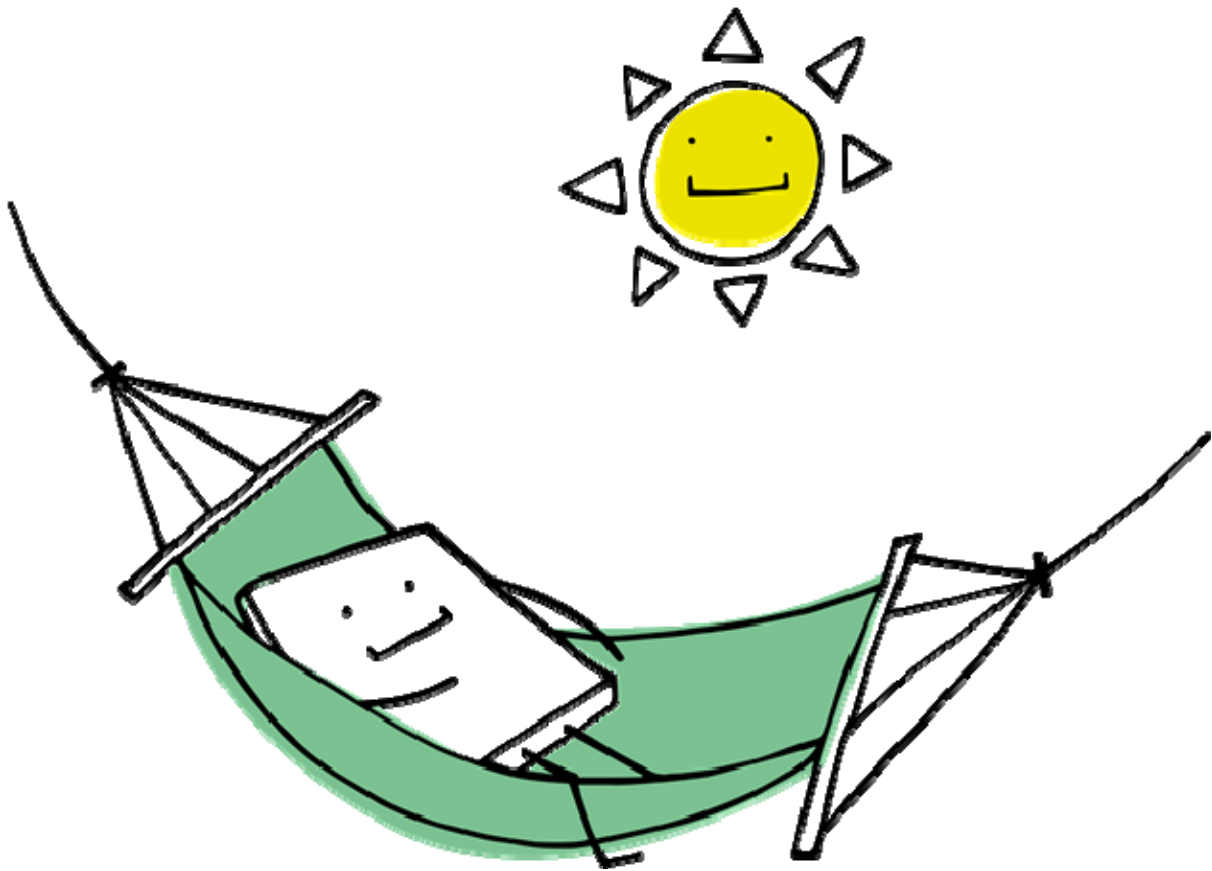
AB plasma can be given to anyone regardless of their blood type. Plasma is collected through an automated process that separates plasma from other blood components, then safely and comfortably returns your red blood cells and platelets to you.

Who it helps: AB Plasma is used in emergency and trauma situations to help stop bleeding.

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

Find other donation drives [here](#).

Health & Wellness Webinars



Kaiser Permanente

****Pre-Recorded** Defeating Sleepless Nights**

[Click here](#) for access.

Sutter Health

****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.

Virtual Yoga Resources



Virtual yoga resources from our local community and yoga studio

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 **NEW** 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

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

Self-Care



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.

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

Stress Relieving Recipe Corner



Turkey Stuffed Peppers



Green Soup



Dark Chocolate Covered Coconut Bars

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](#).

Your Employee Assistance Program (EAP)



OVERVIEW OF SERVICES

Personal and work-related matters can preoccupy our thoughts, destroy our ability to concentrate on the simplest of tasks, or prevent us from functioning the way we want to in everyday situations. Your EAP & Work-Life member services offer ways to help overcome such issues, and will help you identify problems, develop a plan, and gain referrals to appropriate resources. The results of effective problem management are easy to recognize: better focus, better work productivity, and a clearer path to achieving your personal and professional goals.

Your EAP & Work-Life member services provide a wealth of resources that can help you lead a healthy, happy, and well-balanced life – including clinical emotional health, wellness, and work and life benefits for you and your covered dependents. And:

- Your EAP & Work-Life is easy to use and paid for by your employer.
- There are no co-payments, coinsurance or deductibles; you will not have to pay MHN counselors for any services covered by your EAP & Work-Life.
- All services are confidential. MHN will only release information as required or permitted by law.

MHN recognizes the specific needs of its members, and is committed to treating members in a manner that respects their rights.

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: **santacruz**