
From: Employee Wellness
Sent: Monday, January 25, 2021 5:20 PM
To: County Staff
Cc: Michelle Moore
Subject: The 7-Minute Workout

In this issue: Wellness 2021, How to Meditate, Mushroom recipes and more.

Employee Wellness



Wellness 2021



Walking

Walking is about as simple and straightforward as exercise gets, yet it affords myriad health benefits. For starters, it gets you outdoors, which is beneficial all by itself.

Running

Running also gets you outdoors, burns calories, improves your mood and so on. Of course, while the activity itself is free, you might need to invest in a pair of running shoes.

Bodyweight Exercises

If you've ever tried the [7-minute workout](#), you know it's possible to get a serious sweat going without so much as looking at an exercise machine. Or a barbell. Or even a set of resistance bands.

Meditation

Let's not forget your mental health, shall we? Although exercise has been proven time and again to reduce stress and improve your mood, sometimes your monkey brain just runs amok. Check out the Self Care section in this newsletter

[Click here](#) to learn more.

Health & Wellness Webinars



Kaiser Permanente

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

[Click here](#) for access.

Sutter Health

Thursday, February 25th 12-1pm

****Live** Webinar – Heart Disease: Differences Between Men and Women**

[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 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



It is said, that with meditation, we can improve focus, reduce stress and increase creativity and patience (and it is free).

How to Meditate

Meditation is simpler (and harder) than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot:

Take a seat - Find a place to sit that feels calm and quiet to you.

Set a time limit - If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

Notice your body - You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

Feel your breath - Follow the sensation of your breath as it goes in and as it goes out.

Notice when your mind has wandered - Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.

Be kind to your wandering mind - Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

Close with kindness - When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions. That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible.

UCLA – [Mindfulness Awareness Research Center \(MARC\)](#) has free guided meditations.

[Meditation and Mindfulness](#) – sponsored by the Smithsonian.

Farmer's Market



*Photo Credit: Santa Cruz
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

Mushroom Recipes



Truffled Mushrooms over Whipped White Beans



Asada Mushroom Tacos with Lime Smashed Avocado



Mushroom Ragout

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**