

**Kennedy Cosker**

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**From:** Employee Wellness  
**Sent:** Monday, March 01, 2021 5:10 PM  
**To:** County Staff  
**Cc:** Michelle Moore  
**Subject:** Mindful Practices For Kids.

**In this issue: Posture, Wellness 2021, Healthy Recipes and more.**

# Employee Wellness

# TAKE A RAINBOW WALK

While walking outside, take a moment to look around and see if you can spot every color of the rainbow



#DeStressMonday

[DeStressMonday.org](http://DeStressMonday.org)

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# Destress Monday

Adults are quicker to recognize feelings of anxiety, stress, and frustration when they arise, but children and teenagers suffer from these emotions, too, and in many situations, they are less equipped to deal with them and may even lash out in response. Mindfulness practices are used by adults to regain focus and unwind during periods of internal strife, but younger people can also use these techniques to remain calm in stressful environments and scenarios.

This Monday, look to encourage the children in your life to embrace the concept of mindfulness. Although the idea may seem abstract at first, DeStress Monday has developed a number of tools that can help children, adolescents, and teenagers get a better grasp of how mindfulness practices should make them feel and can help them still their minds.

[Click here](#) to learn more.

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## Wellness 2021



### **Start bringing movement into tiny moments**

Do side lunges when you're throwing clothes in the dryer. Knock out some push-ups when you're waiting for a pot of water to boil. Dancing is also a great way to move your body. Turn on some music and boogie with your partner or children.

### **Get your heart rate up, multiple times a day**

If you have access to stairs in your home or apartment, going up and down those stairs is a great way to get your blood pumping.

### **Get out and walk, even for just 15 minutes**

### **Work on your breathing – helps with anxiety.**

Diaphragmatic breathing. Lie down on your back and put your hands on your abdominal region. When you breathe in, make your belly rise.

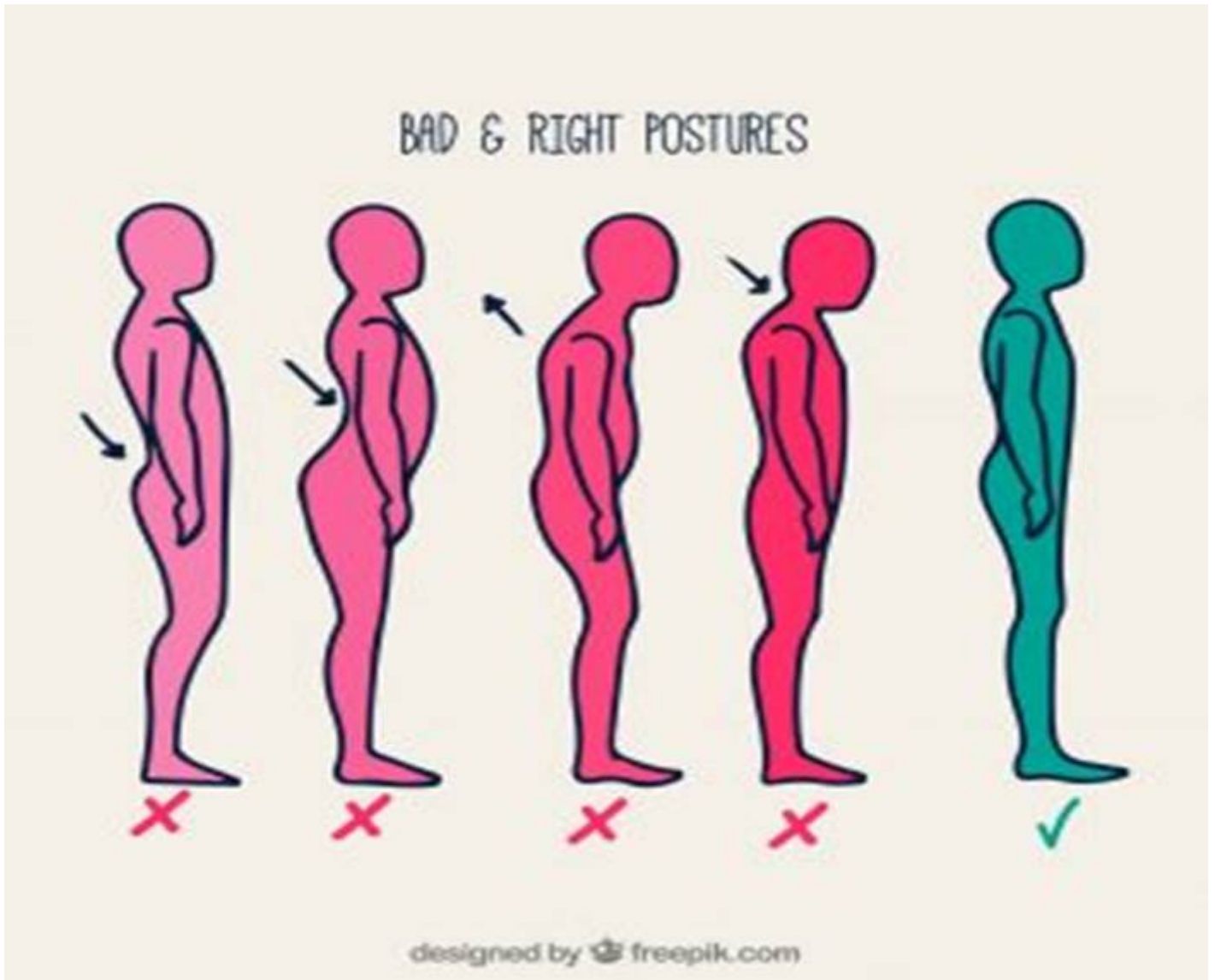
And when you breathe out, your belly should fall. Stay in that position and take 10 deep breaths.

Learn more from the full article [here](#).

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# Posture and Health



## Good posture can:

1. **Reduce lower back pain.** Sitting or standing in a slouched position for prolonged periods of time stresses your lower back. More specifically, it puts pressure on the posterior structures of the spine,

including the intervertebral discs, facet points, ligaments, and muscles.

**2. Fewer headaches.** Poor posture can contribute to tension headaches, due to increased muscle tension in the back of the neck.

**3. Decrease risk of abnormal wearing of the joint surfaces.** Crooked sitting and standing, such as resting on one leg or side of your body, leads to hip strain. Your joints wear down naturally over time. If your posture is even, not many problems arise. But if you're uneven, more pain and issues tend to occur.

**4. Improve circulation and digestion.** If you're compressing vital organs, your circulation is poor, and those organs aren't going to work as well. Healthy blood flow requires proper alignment and avoiding positions which cramp circulation, like crossing your legs.

Read more [here](#).

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# Health & Wellness Webinars



## **Kaiser Permanente**

**[\\*\\*Pre-Recorded\\*\\* Defeating Sleepless Nights](#)**

**[Click here](#) for access.**

## **Sutter Health**

**[\\*\\*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**

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](#)

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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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# Recipe Corner



[Potato, Spinach & Pumpkin Seed Hash](#)



**Roasted Garlic Kale Hummus**



**Buckwheat, Pomegranate and Roasted Carrot Tabbouleh**

# 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](#).

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# Employee Assistance Program (EAP)



## Eldercare

Caring for an aging relative can be an enormous responsibility, and it's often difficult to know where to turn for reliable help. Your first call should be to MHN! Our care consultants are standing by to help you:

- Evaluate your elder relative's daily living and healthcare needs, financial issues and legal concerns
  - Assess the support you need
- Find the right assisted living, residential and medical care facilities

- Obtain information on senior meal services, community resources and more

Your assigned care consultant provides contact information for up to five local eldercare providers **with current confirmed openings across multiple zip codes.**

**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](#)**