

Kennedy Cosker

From: Employee Wellness
Sent: Tuesday, March 09, 2021 3:11 PM
To: County Staff
Cc: Michelle Moore
Subject: New Webinars Added: Humor for Health and Building Resiliency

In this issue: Wellness 2021 – Detox without Juice, White Bean Recipes and more.

Employee Wellness



Photo Credit: [@millefleurs.vert](#)

Wellness 2021



How to Detox Your Body—In a Safe, Healthy Way – no juice necessary.

Eat anti-inflammatory

Whole foods packed with nutrients are your best bet when it comes to keeping your insides clean.

Eat foods rich in antioxidants

Antioxidants, those man-made or natural substances that may prevent or delay some types of cell damage, can do your whole body and overall health a favor.

Drink more of the right stuff

Sip on water—hydrating will help your kidneys flush out toxins, Dr. Bedford says. Feel free to add lemon to your H₂O for a hit of electrolytes. The citrus signals the liver produce more enzymes, which keep digestion moving smoothly. Sick of plain water? Switch things up with tea. Green tea has been shown to protect against heart disease and cancer, while milk thistle may boost liver function. Drink up!

Get good sleep

Logging adequate snooze time is key for keeping your health on track. Create a sleep haven by keeping your bedroom cool, dark, quiet, and free of screens. Stick to a standard bedtime that allows you to get at

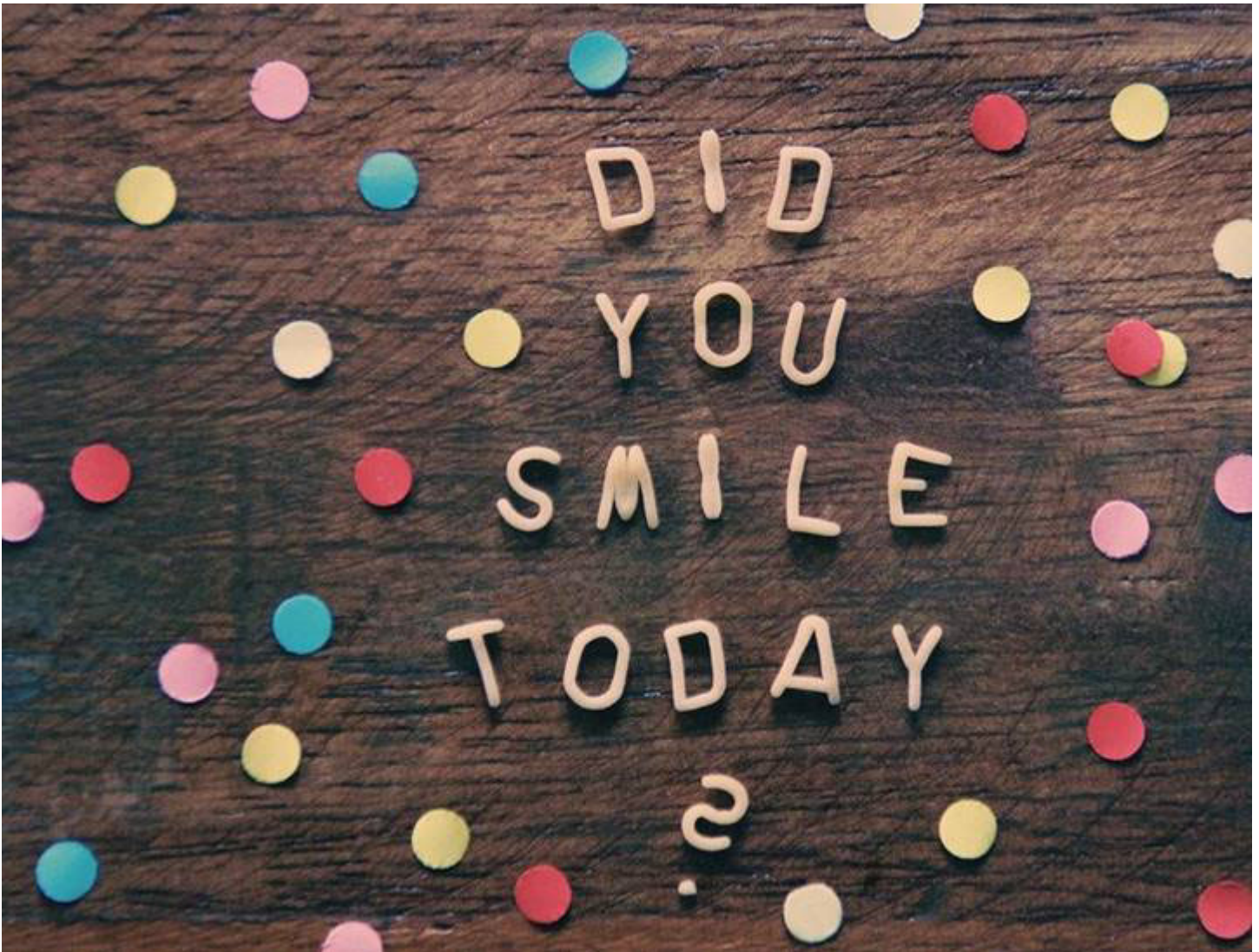
least seven hours of sleep nightly. Sufficient rest will help reduce stress and inflammation so your body can function its best.

Eat smaller portions—and slowly

Big meals bring on bloating, which forces the digestive system to work overtime. Opt for smaller, more frequent meals and eat slowly to stop yourself from gulping air while you wolf down food.

Read more [here](#).

Health & Wellness Webinars



Kaiser Permanente

Pre-Recorded

NEW! *Humor for Health* – [click here](#) for access

NEW! *Building Resiliency* – [click here](#) for access

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.

Relaxation Corner



Meditation

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

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.

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

[Yoga for All Movement](#)

Farmer's Market



*Photo Credit:
Keana Parker (Good
Times SC)*

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!

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: CLOSED FOR THE SEASON

Scotts Valley: CLOSED FOR THE SEASON

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Recipe Corner



Ribollita



[Lemony Corona Beans w/Olive Oil, Herbs & Garlic](#)



Baked Cod w/Lemon, Garlic & Thyme

Mental Health Corner



Reduce stress triggers

Keep your regular routine

Maintaining a regular schedule is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times for meals, bathing and getting dressed, work or study schedules, and exercise. Also set aside time for activities you enjoy. This predictability can make you feel more in control.

Limit exposure to news media

Constant news from all types of media can heighten fear and anxiety. Limit social media that may expose you to rumors and false information.

Focus on positive thoughts

Consider starting each day by listing things you are thankful for. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective.

And recognize that some days will be better than others.

Learn more [here](#).

Employee Assistance Program (EAP)



FINANCIAL SERVICES

Are you struggling to curtail your debt or develop a monthly budget?
Are you working towards major financial goals - like buying a house,
sending kids to college or ensuring a comfortable retirement?

We're here to help. With telephonic assistance and referrals to
qualified financial counselors and educators, MHN can help you gain
control of your financial life.

**You are eligible for as many telephonic financial consultations as you
need per separate financial issue.**

Issues covered include:

- Credit counseling
- Debt and budgeting assistance

- Financial planning for college
 - Retirement planning

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)