
From: Employee Wellness
Sent: Monday, June 07, 2021 6:15 PM
To: County Staff
Subject: Spread positivity to brighten our world.

In this issue: Sunsets, Greater Good, Healthy Recipes and more.

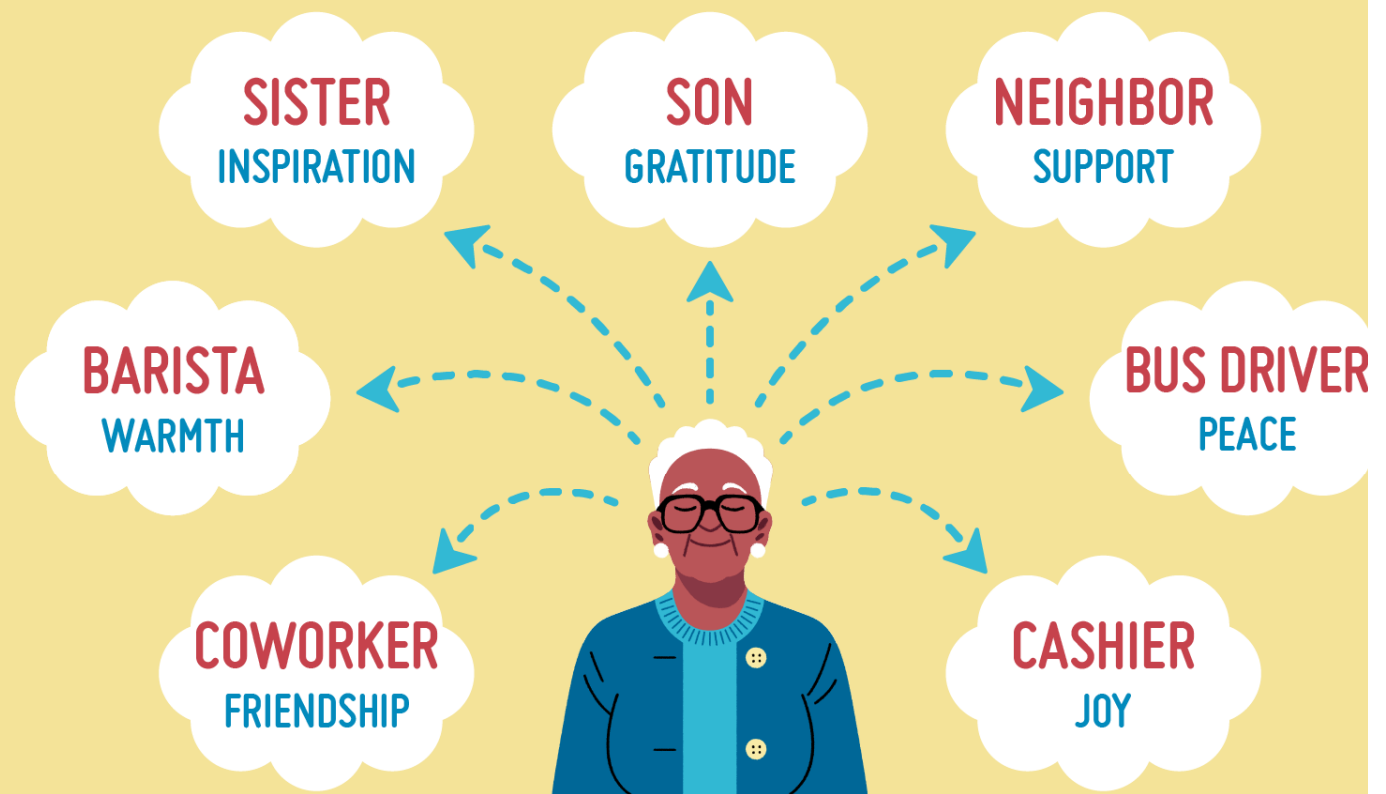
Employee Wellness



Destress Monday

THIS MONDAY, SHARE YOUR WARM WISHES FAR AND WIDE

Extending positive thoughts to people beyond your family and friends also has a positive effect on you, according to research. So send love, joy, and kindness to everyone you meet. And help brighten your world.



#DeStressMonday

DeStressMonday.org

DE STRESS
MONDAY

[Click here](#) to learn more.

Sunsets & Happiness



Do you love sunsets as much as I do? Have you seen the beautiful ones in recent days, right here in our own backyard? Did you know that there may be a correlation between gazing at a sunset and our emotional wellbeing? **Psychology Today** author, *Linda Wasmer Andrews* writes, “studies show that appreciating natural beauty may

boost well-being, increase generosity and enhance life satisfaction. The key is to actively engage with the experience. To reap the rewards of that sunset, you need to stop whatever else you're doing and really notice and appreciate the show in the sky.” So take in a sunset or even a sunrise at your earliest convenience and enjoy!

3 Benefits of Sun Gazing:

Emotional well-being

Concern for others

Satisfaction with Life

To learn more, **[click here.](#)**

Here are a few of our local beaches where you can watch the sunset:

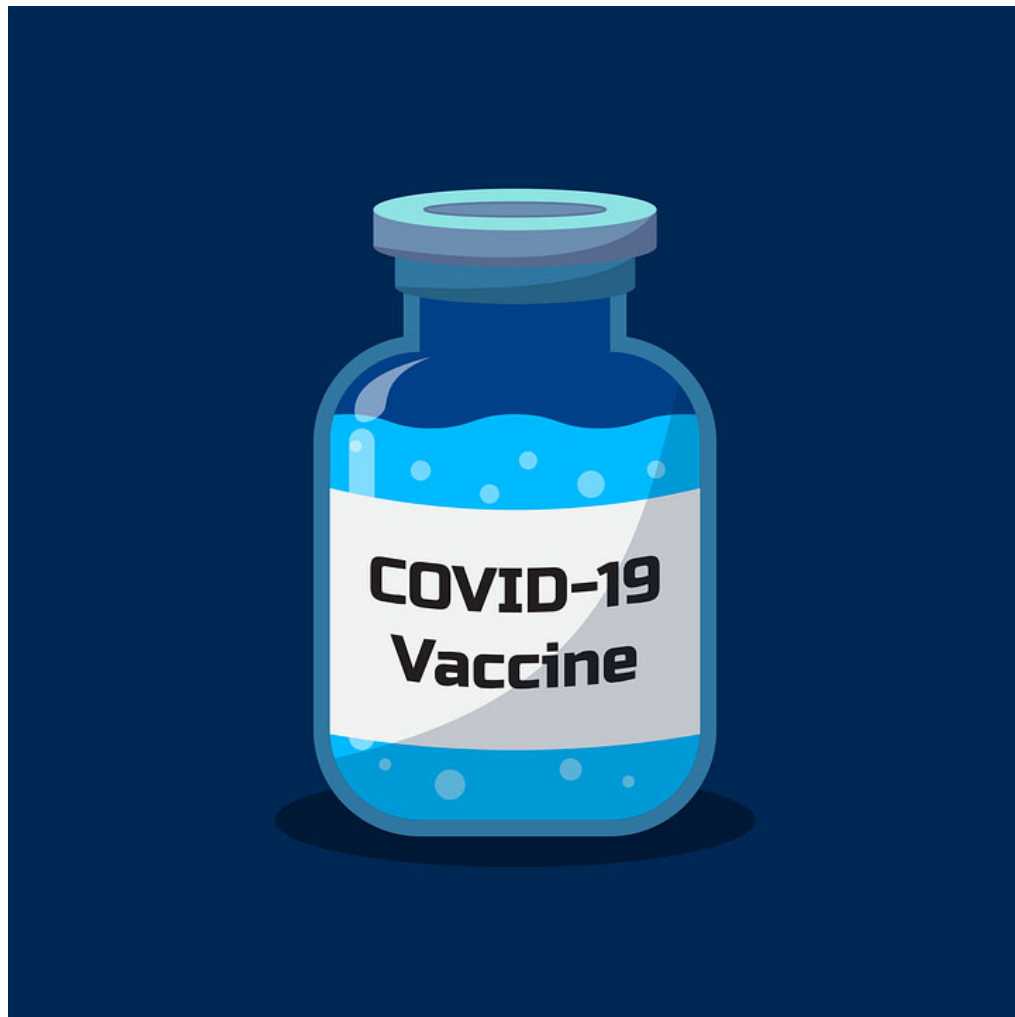
[Seacliff State Beach](#)

[Sunset State Beach](#)

[Wilder Ranch State Park](#)

[Click here](#) to find others.

COVID-19 Vaccination Resources



Ages 12 and above are now eligible for the COVID-19 vaccination. Do you know how to sign up for yours? There is so much information out there that it can be confusing so we've put together a quick list of links

to provide a little guidance. With information changing frequently – it is best to refer back to these sites regularly.

[California Department of Public Health \(CDPH\)](#)

[Center For Disease Control \(CDC\)](#)

[Health Services Agency's Local Information \(HSA\)](#)

Health & Wellness Webinars



Blue Cross/Blue Shield

[Click here](#) for link to Wellness Webinars

Kaiser Permanente

****Pre-Recorded***Coronavirus/COVID-19: Mental Health & Wellness – [click here](#) for access***

****Pre-Recorded***Updates on COVID-19: – [click here](#) for access***

****Pre-Recorded***Humor for Health – [click here](#) for access***

****Pre-Recorded** Healthy Habits – [click here](#) for access**

****Pre-Recorded** Total Health Nutrition – [click here](#) for access**

****Pre-Recorded** Building Resiliency – [click here](#) for access**

****Pre-Recorded** Defeating Sleepless Nights – [click here](#) for access**

Sutter Health

***Pre-Recorded* Perfecting the Plant-Forward Taco**

[Click here](#) for access.

***Pre-Recorded* COVID-19 Vaccination and Talk**

[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.

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](#).

Virtual Yoga Resources



**Virtual yoga resources from our local community
and yoga studio**

YOGA ON 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



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!

The online Farmer's Market, EATLOCAL is back... check out their website [here](#).

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: 1-6pm Tuesdays

Scotts Valley: 9am-1pm Saturdays

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Healthy Recipes



Chimichurri Sauce

Can be used on any grilled meat or portobello mushrooms – a great go-to for a quick and tasty main course.



Thai Turkey Burgers

Relaxation Zone



Greater Good

Greater Good In Action – UC Berkeley’s Greater Good Science Center, in collaboration with HopeLab, launched Greater Good in Action. “The practices in Greater Good in Action are for anyone who wants to improve his or her social and emotional well-being, or the well-being of others, but doesn't necessarily have the time or money to invest in a formal program.” This is a very cool website – click here for their body scan and here for their mindful breathing practice.

Meditation

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

Meditation 101 – The Basics from Mindful.org. Follow this link. You can also download their App – **UCLA Mindfulness**

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.

Helpguide’s 13 minute body scan will help you start a mindfulness meditation practice. [Click here](#) for audio.

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](#)