

Kennedy Cosker

From: Employee Wellness
Sent: Monday, June 14, 2021 5:12 PM
To: County Staff
Subject: The Benefits of Sleep

**In this issue: Workout @ Home, Vaccine Information,
Healthy Recipes and more.**

Employee Wellness



Destress Monday

THE MANY BENEFITS OF A GOOD NIGHT'S SLEEP

No, you're not dreaming.

BETTER
MOOD

IMPROVED
PHYSICAL
HEALTH

IMPROVED
MEMORY

RESTORED
ENERGY



#DeStressMonday

DeStressMonday.org

DE STRESS
MONDAY

[Click here](#) to learn more.

Workout from Home



As things start to open up and you're not ready to venture to the gym - there are still many ways to stay active and exercise at home. Check out this [link](#) to find 25 At-Home Exercises, including bent knee push-ups, side plank with bent knee, squat jumps, cobra, the Superman and more.

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 \(HSA\)](#)

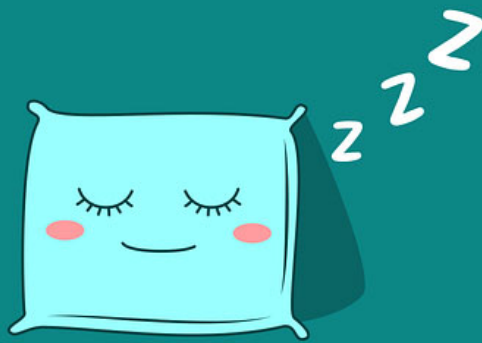
[Vaccine Information from the CDC](#)

[Pfizer](#)

[Moderna](#)

[Johnson & Johnson's Janssen](#)

Health & Wellness Webinars



Sleppy

Blue Cross/Blue Shield

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

Kaiser Permanente

****Pre-Recorded** Defeating Sleepless Nights – [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**

Sutter Health

[*Pre-Recorded* Perfecting the Plant-Forward Taco](#)

[Click here](#) for access.

[*Pre-Recorded* COVID-19 Vaccination and Talk](#)

[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



Mushroom & Leek Soup

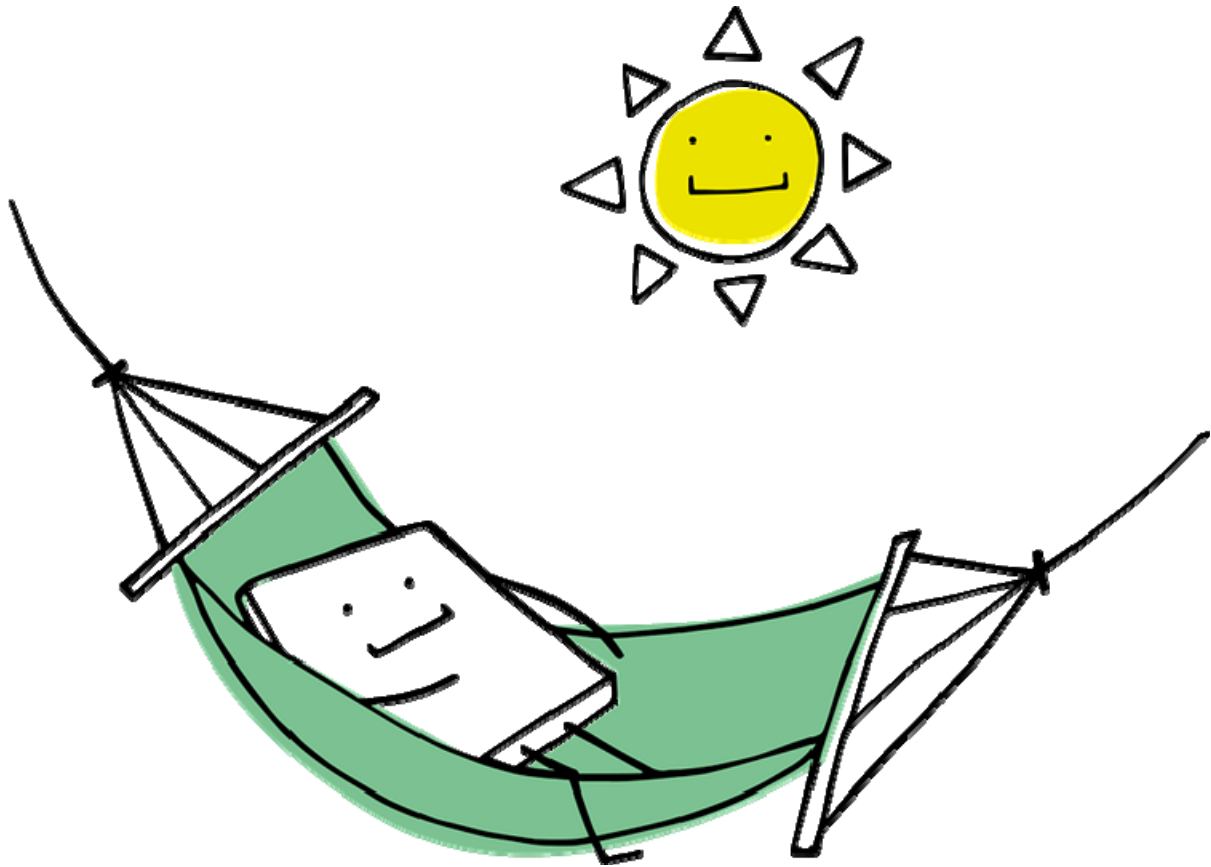


Turkey Meatballs



Chia Pudding

Relaxation Zone



Put your feet up

If you've been sitting all day, the "legs up the wall" yoga pose will rejuvenate sluggish calves or feet and much more. The restorative effects of the posture can help settle both body and mind.

Stretch it out

You don't need a 90-minute yoga session to reap the benefits of stretching. You can do it when you've got to stay put anywhere or when you're on the go.

Get your heart rate up

The hustle and bustle of the day can leave you feeling burnt out. Getting the blood and endorphins flowing can reinvigorate you to tackle whatever task is at hand.

Bust out some burpees, jumping jacks, or push-ups. Or just jog in place. Even brief bouts of exercise can help beat stress.

Go for a stroll

Walk to the coffee shop for your favorite pick-me-up, or take Fluffy out to stretch his legs. A quick cruise around the block combines exercise with a change of scenery for a double whammy against worry.

Employee Assistance Program (EAP)



PERSONALIZED WELLNESS COACHING

Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the support, resources and accountability you need to succeed.

Our certified coaches can help you with all sorts of health issues, including:

Weight management

Smoking cessation

Fitness and exercise

Stress management

Overall lifestyle improvement

Lifestyle support for chronic conditions such as asthma, diabetes, and cardiovascular disease

To enroll:

Please contact MHN at 800-242-6220 TTY/TDD callers: 1-800-526-7014, Monday through Friday, 7:00 a.m. to 7:00 p.m. Pacific time; all other times, call 1-800-327-0801. We'll help you schedule an initial goal-setting consultation with your coach.

This phone call usually lasts about 45-60 minutes.

Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals. You can:

Schedule follow-up calls with your coach (participants average about four 15-30 minute consultations).

Reach out as needed via phone, email or IM (coaches are available Monday through Friday, 7:00 a.m. to 8:00 p.m. Eastern time).

Access multimedia programs, health assessments, menu planners, fitness trackers, and more through a secure, personalized web portal.

Receive personalized emails and coach-chosen materials.

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)