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From: Employee Wellness
Sent: Tuesday, June 22, 2021 4:42 PM
To: County Staff
Subject: Sleep and Hydration

**In this issue: More Self-Care, EAP Benefits - Identify Theft,
Healthy Recipes and more.**

Employee Wellness



Sleep Hygiene 101



Set Your Sleep Schedule

Having a set schedule normalizes sleep as an essential part of your day and gets your brain and body accustomed to getting the full amount of sleep that you need.

Follow a Nightly Routine

How you prepare for bed can determine how easily you'll be able to fall asleep. A pre-sleep playbook including some of these [tips](#) can put

you at ease and make it easier to get to fall asleep when you want to.

Cultivate Healthy Daily Habits

It's not just bedtime habits that play a part in getting good sleep. Incorporating positive routines during the day can support your circadian rhythm and limit sleep disruptions.

Optimize Your Bedroom

A central component of sleep hygiene beyond just habits is your sleep environment. To fall asleep more easily, you want your bedroom to emanate tranquility.

[Click here](#) to learn more.

Water is Life

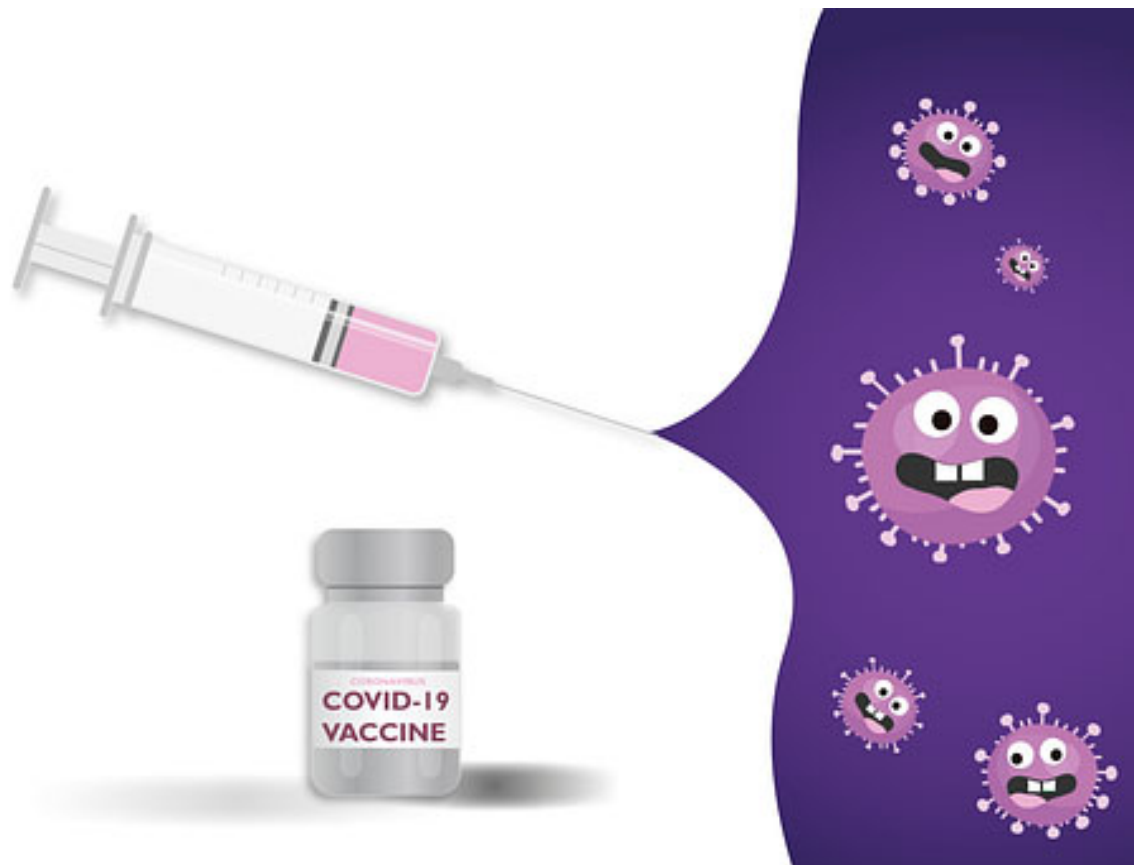


A few tips for water consumption:

- Sipping water a little at a time, is more hydrating than drinking larger quantities all at once
- Drink water with meals – combining water with amino acids or fats or vitamins or minerals helps the body absorb the hydration better than when we just drink water alone.
- Eating any piece of fruit along with a glass of water will help you hydrate better.

[Click here](#) to learn 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

More Self-Care



Make sleep part of your self-care routine.

Sleep can have a huge effect on how you feel both emotionally and physically. Not getting enough can even cause major health issues. But stress and other distractions can wreak havoc on our sleep.

Exercise daily as part of your self-care routine.

We all know exercise is good for us, but do we really know how good it is? Daily exercise can help you both physically and mentally, boosting your mood and reducing stress and anxiety, not to mention helping you shed extra weight.

Take care of yourself by getting organized.

Getting organized is often the first step to becoming a healthier you because it allows you to figure out exactly what you need to do to take better care of yourself. A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments, while at the same time keeping your life a bit more organized. You can also create an area to keep keys, purses, backpacks, briefcases, and coats, and make sure they're ready to go for the next day.

Schedule your self-care time, and guard that time with everything you have.

It can be hard for us all to find extra time. But it's extremely important to plan regular self-care time. Moments alone can help you to ponder the best ways to move forward in your life and keep you grounded. And moments with friends can help you feel more connected and relaxed.

[Click Here](#) to learn more from Psychology Today.

Health & Wellness Webinars



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.

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

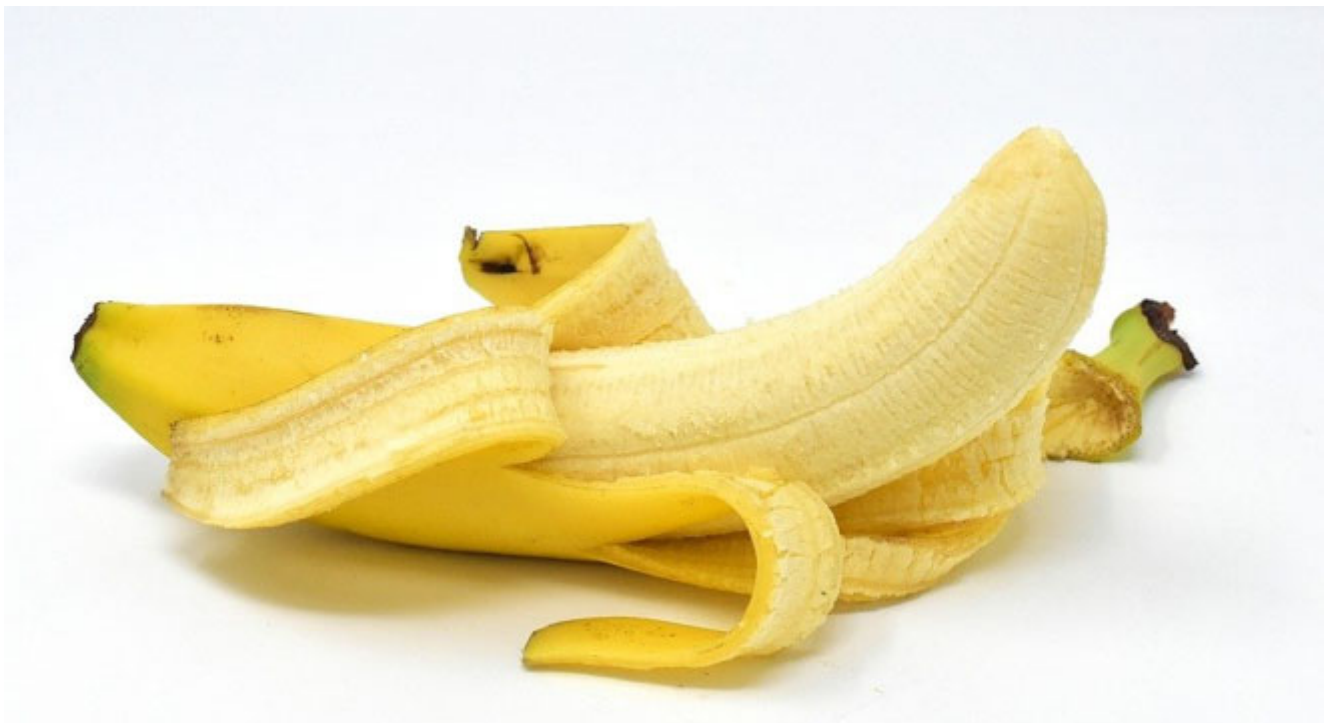
Felton: 1-6pm Tuesdays

Scotts Valley: 9am-1pm Saturdays

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Healthy Recipes



Sleep Recipes*

*The Banana Tea sounds interesting.



Thai Inspired Hydrating Cucumber Salad with Roasted Spiced Chickpeas

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](#)**.

Employee Assistance Program (EAP)



Identity Theft Recovery Services

Identity theft is one of the nation's fastest growing crimes, and it can be both financially and emotionally devastating. Call MHN today for information on how to protect yourself!

If you have been victimized, we can help. Call right away to receive a 30-minute consultation with a certified consumer credit counselor who can assess your situation, create an action plan and provide the knowledge and tools to implement that plan effectively. If there is a potential of ID theft, we will warm transfer you to an identity recovery specialist who can advise you on how to place fraud alerts, freeze credit, file police reports, and conduct other activities necessary to resolve fraud.

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)