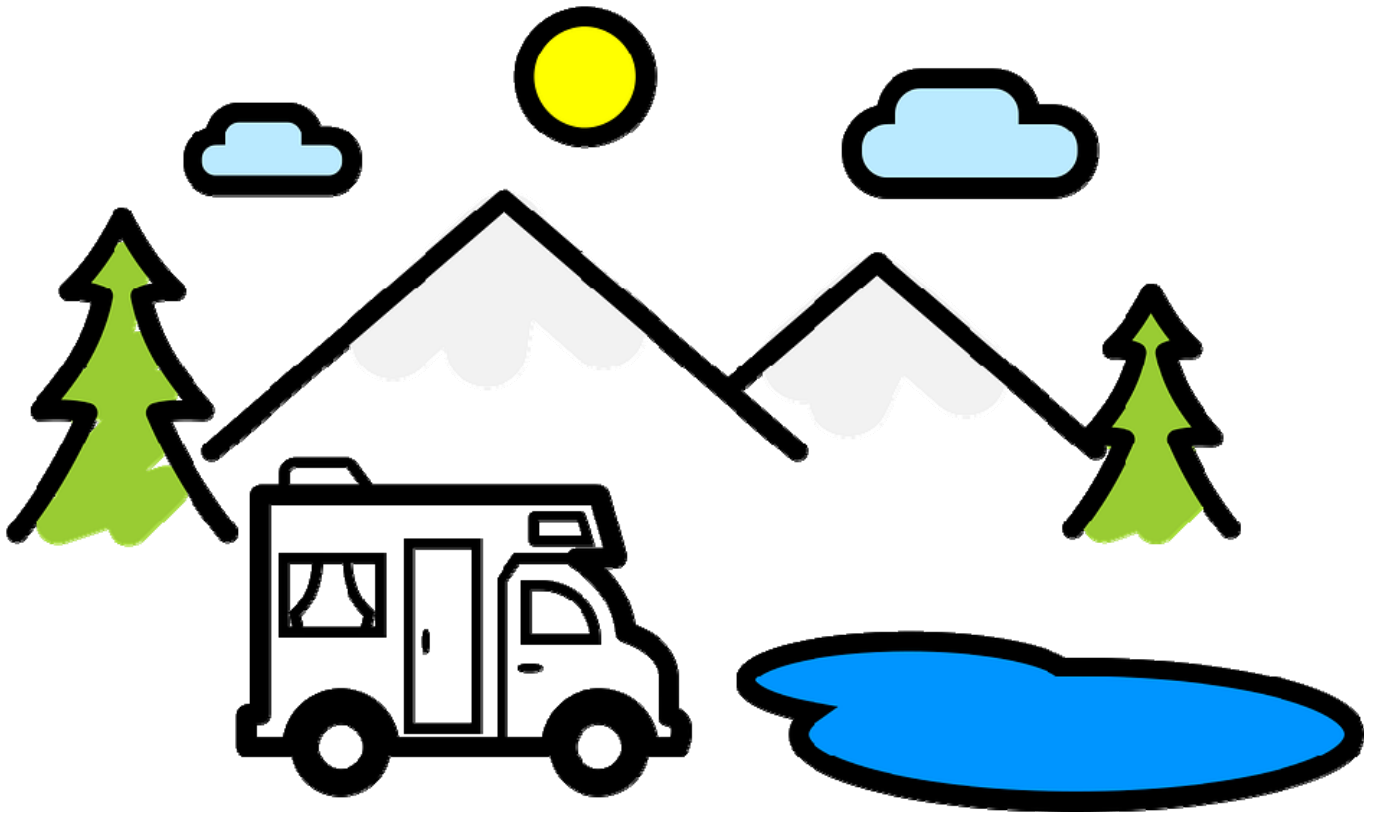

From: Employee Wellness
Sent: Monday, June 28, 2021 12:04 PM
To: County Staff
Subject: Summer Travel Tips

**In this issue: Summer Safety Tips, More Sleep Hygiene,
Healthy Grain Recipes and more.**

Employee Wellness



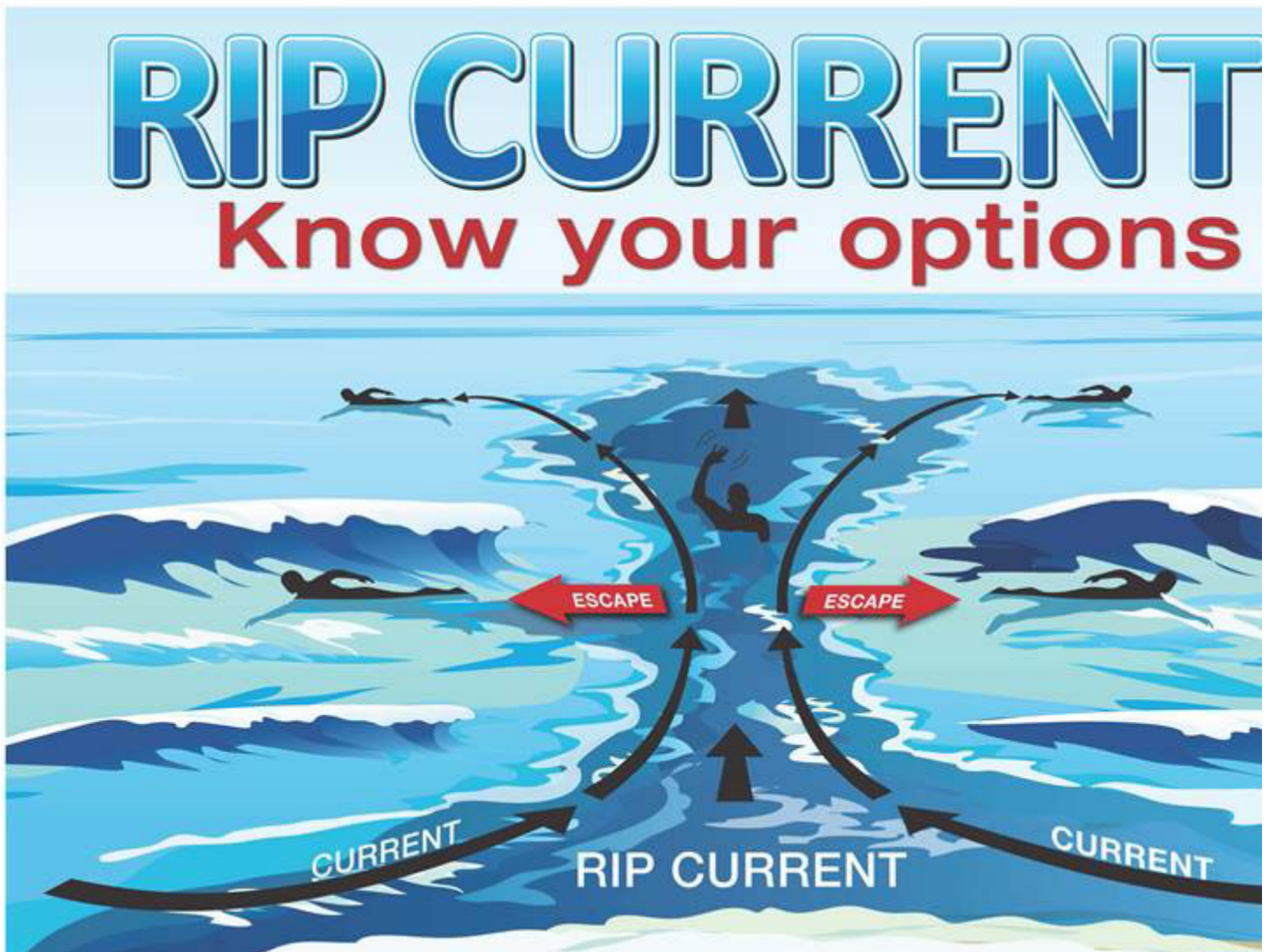
Summer Travel Tips



- STAY HYDRATED
- KEEP SNACKS ON HAND
- ALWAYS APPLY AND REAPPLY SUNBLOCK
- ALWAYS DRESS IN LAYERS TO BE PREPARED FOR ANY WEATHER.
- CARRY HAND SANITIZER OR BABY WIPES

[Click here](#) to learn more.

Summer Safety Tips



Rip Currents

1. Rip current speeds vary. Average speeds are 1-2 feet per second, but they have been measured as fast as 8 feet per second—faster than an Olympic swimmer!

2. Rip currents can be very narrow or more than 50 yards wide.
3. Sometimes a rip current ends just beyond the line of breaking waves; however, others may continue to flow hundreds of yards offshore.
4. Rip currents do not pull people under the water—they pull people away from shore.
5. Rip currents are sometimes mistakenly called undertow or riptides but these terms are not correct. Only the term rip currents is technically correct.

Safety tips

- Know how to swim
- Never swim alone
- If in doubt, don't go out
- Swim near a lifeguard

[Click here](#) to learn more or follow the link to the [Rip Current Survival Guide](#).

More on Sleep Hygiene



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.

Get Daylight Exposure: *Light, especially sunlight, is one of the key drivers of circadian rhythms that can encourage quality sleep.*

Be Physically Active: *Regular exercise can make it easier to sleep at night and also delivers a host of other health benefits.*

Don't Smoke: *Nicotine stimulates the body in ways that disrupt sleep, which helps explain why smoking is correlated with numerous sleeping problems⁵.*

Reduce Alcohol Consumption: *Alcohol may make it easier to fall asleep, but the effect wears off, disrupting sleep later in the night.*

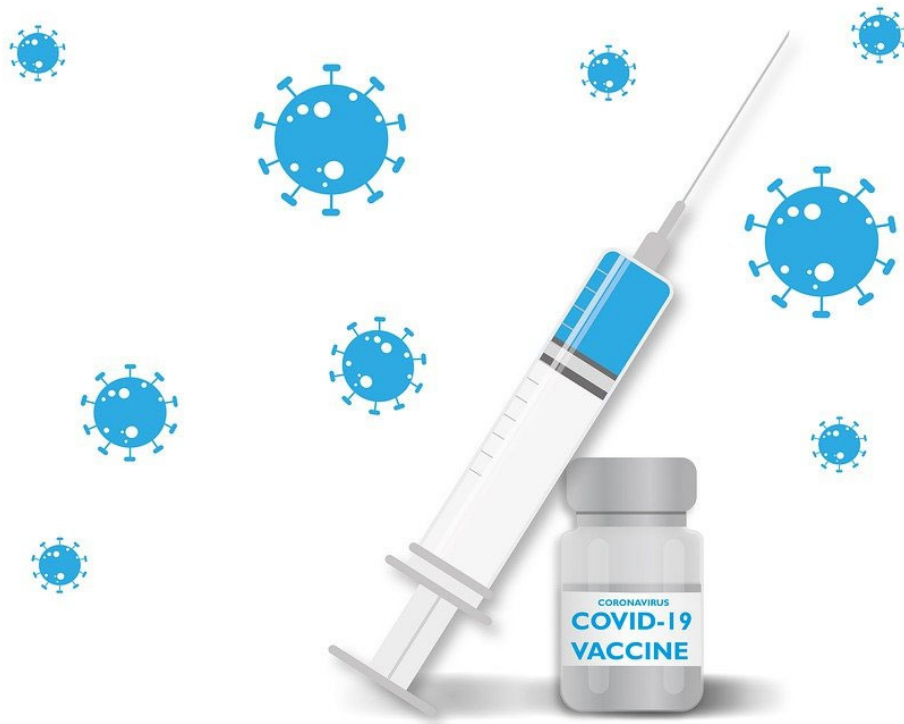
As a result, it's best to moderate alcohol consumption and avoid it later in the evening.

Cut Down on Caffeine in the Afternoon and Evening: *Because it's a stimulant, caffeine can keep you wired even when you want to rest, so try to avoid it later in the day. Also be aware if you're consuming lots of caffeine to try to make up for lack of sleep.*

Don't Dine Late: *Eating dinner late, especially if it's a big, heavy, or spicy meal, can mean you're still digesting when it's time for bed. In general, any food or snacks before bed should be on the lighter side.*

[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

Self-Care

SELF-CARE STARTS ON MONDAY

Each week, take a few time-outs for yourself to reduce stress and improve your well-being. Some suggestions:



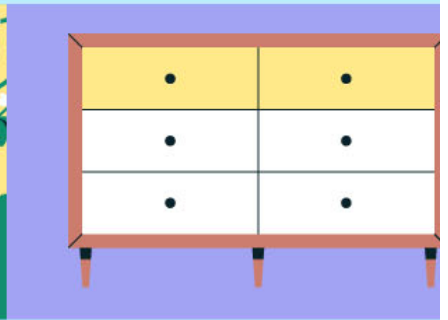
WALK OUTSIDE AND GAZE AT THE CLOUDS

Let your mind playfully wander.



INHALE A SCENT YOU LOVE

Linger on the fragrant aroma.



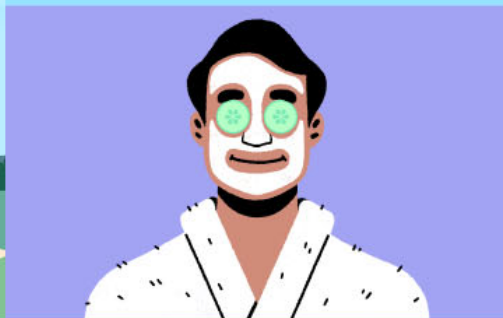
DO A MINI-DECLUTTER

Organize a drawer that's been bugging you.



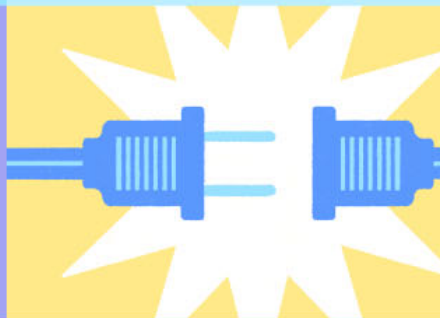
TAKE A DIFFERENT WAY TO WORK

Get out of your rut. See things anew.



TREAT YOURSELF

Give yourself something special. Go on, you're worth it.



UNPLUG AND UNWIND

Turn off the cellphone and reconnect with yourself.

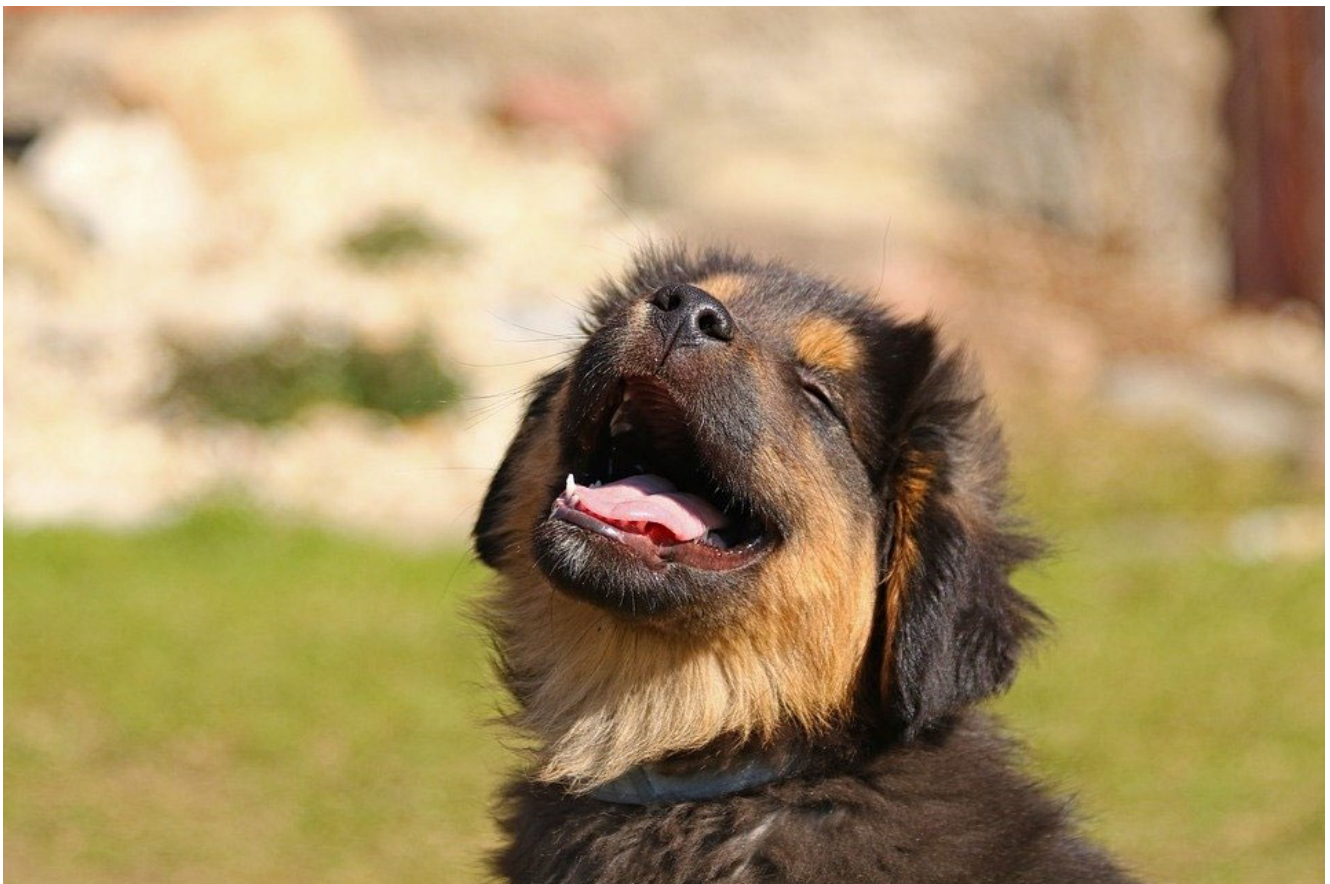
#DeStressMonday

DeStressMonday.org

**DE STRESS
MONDAY**

[Click here](#) to learn more.

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=dXJtQUxOSUdUaDB2eGhkbU84bXRoQTog>

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 Grain Recipes



[Spicy Peanut Tofu Bowl With Coconut Forbidden Rice](#)



Pea and Little Gem Salad with Farro and Pecorino



Mixed Grain and Coconut Porridge

Mental Health Corner

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

How 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**