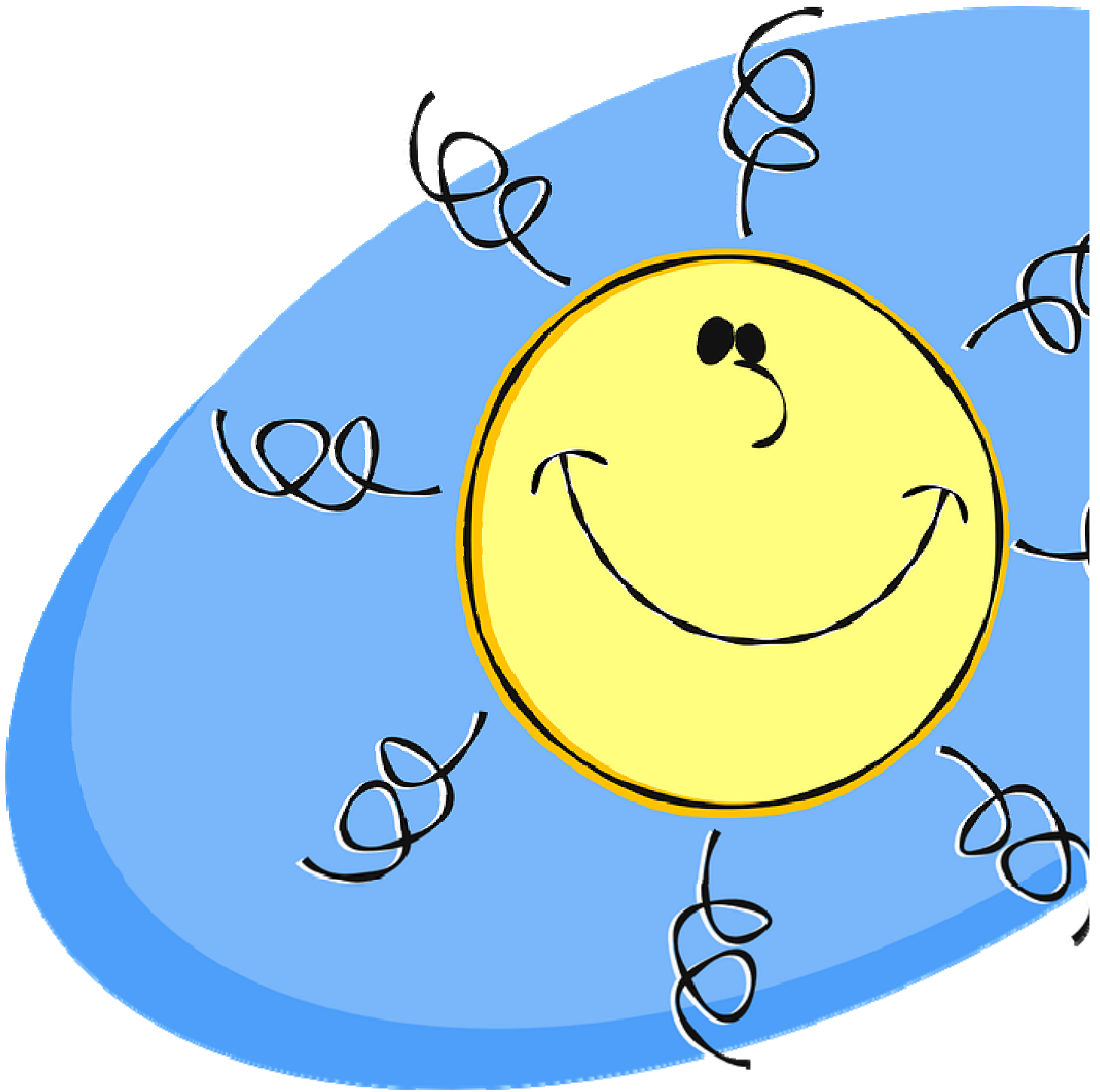


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**From:** Employee Wellness  
**Sent:** Tuesday, July 06, 2021 5:33 PM  
**To:** County Staff  
**Subject:** New Webinar - Eating a Rainbow of Colors

**In this issue: Tips for a Great Summer, Relaxation Zone,  
Healthy Recipes and more.**

# Employee Wellness



# Summer Tips



**A few summer tips in no particular order.**

- Take time each day to go outside.
- Use a journal to capture your best thinking.
  - Stay hydrated.
  - Take a digital vacation.
  - Connect with others.
  - Waste time – guilt free.

- Go on an adventure.
  - Get your body moving.
    - Wear sunscreen.
- 
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# Happy Place

# GO TO YOUR HAPPY PLACE. OFTEN.

Visualizing a place where you are calm and happy can help you distance yourself from stressful and troubling thoughts.



Happy Place  
Next Exit

#DeStressMonday

DeStressMonday.org

DESTR  
MOND

[Click here](#) to learn more.

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# Relaxation Zone



## 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](#).

## Body scan meditation

This is a type of meditation that focuses your attention on various parts of your body. Like progressive muscle relaxation, you start with your feet and work your way up. But instead of tensing and relaxing muscles, you simply focus on the way each part of your body feels, without labeling the sensations as either “good” or “bad”.

- Lie on your back, legs uncrossed, arms relaxed at your sides, eyes open or closed. Focus on your breathing for about two minutes until you start to feel relaxed.
- Turn your focus to the toes of your right foot. Notice any sensations you feel while continuing to also focus on your breathing. Imagine each deep breath flowing to your toes. Remain focused on this area for three to five seconds (or more).
- Move your focus to the sole of your right foot. Tune in to any sensations you feel in that part of your body and imagine each breath flowing from the sole of your foot. After one or two minutes, move your focus to your right ankle and repeat. Move to your calf, knee, thigh, hip, and then repeat the sequence for your left leg. From there, move up the torso, through the lower back and abdomen, the upper back and chest, and the shoulders. Pay close attention to any area of the body that causes you pain or discomfort.
- After completing the body scan, relax for a while in silence and stillness, noting how your body feels. Then slowly open your eyes and stretch, if necessary.

[Listen to HelpGuide’s body scan meditation.](#)

[Click here](#) to read the full article.

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# Health & Wellness Webinars





## **Blue Cross/Blue Shield**

[Click here](#) for access - Eat a Rainbow of Colors (pre-recorded) - NEW

[Click here](#) for access - Eating to Boost Immunity

## Kaiser Permanente

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

## Sutter Health

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

[Click here](#) for access.

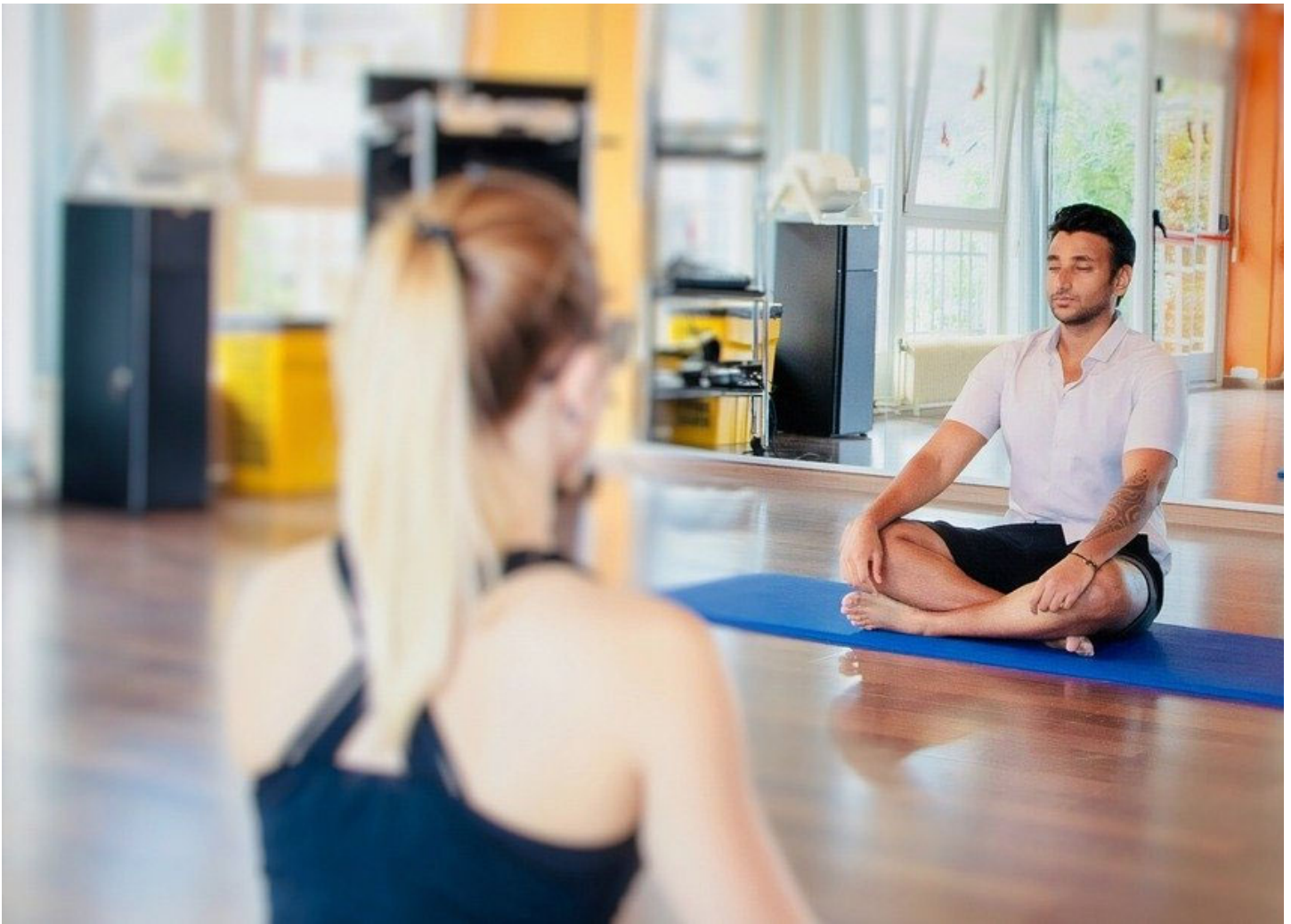
**\*Pre-Recorded\*** *COVID-19 Vaccination and Talk*

[Click here](#) for access.

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# 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](#)

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# 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

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# 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

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# Healthy Recipes





**Avocado Chickpea Salad**



[Healthy Turkey Burger](#)



**“Healthy” Strawberry Rhubarb Crumble**  
**(no refined sugar)**

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# 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](https://members.mhn.com)**

**Select MHN EAP Employee Assistance Program Resources**

**Company code: [santacruz](#)**