

Kennedy Cosker

From: Employee Wellness
Sent: Monday, July 26, 2021 8:13 AM
To: County Staff
Subject: Unplug this Monday!

In this issue: Local Summertime Activities, Make a Change Monday, Farro (Ancient Grain) Recipes and more.

Employee Wellness



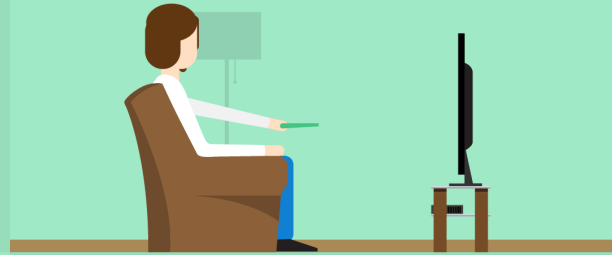
Monday Refresh

DESTRESS YOUR WORK WEEK — UNPLUG THIS MONDAY!

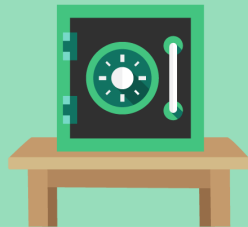
Being tethered to our smartphones and computers keeps us in the loop every second of the day. That may not be a good thing. Take some time to unplug and unwind. Here's how:



Multitasking makes us think we're getting a lot done when we're actually not. Instead, focus on one task to do it well.



For a better night's sleep, turn off your cell phone and TV early. And keep them out of the bedroom.



Place your devices out of sight when you need to be concentrating on something else so you won't be tempted to use them.



Let everyone know when you're "going off the grid" so they won't wonder where you went - and you won't wonder if they're wondering.

**DESTRESS
MONDAY**

[Click here](#) to learn more.

Summer Workouts



Whether it is SUP, Kayaking, Mountain Biking or Surfing – we're so lucky to have these outdoor sports accessible to us. Get out there and soak up some fresh mountain air, ocean air – whichever you prefer! If you've never done these sports – you can always try them out by renting the necessary equipment at a local vendor (most offer lessons too).

[Covewater Paddle Surf](#) – SUP Rentals

[Kayak Connection](#) – Kayak & SUP Rentals

[Spoksman Bicycles / Family Cycling Center](#) – Mountain Bike,
Road Bike and Cruiser Rentals

[Freeline Surf Shop](#) – Surfboard Rentals

[Cowells Beach Surf Shop](#) – Surfboard Rentals

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:

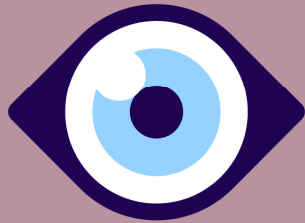
<http://mhanational.org/covid19>

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](#).

Make a Change Monday

Here's what happens when you quit smoking.

When you use every Monday as a chance to quit and recommit to becoming smoke-free, you'll be amazed at all you get back.



You'll see improvement in your vision.

You'll feel your energy levels increase.



You'll get stronger faster.

QUIT
& STAY QUIT
MONDAY

[Click here](#) to learn more.

Health & Wellness Webinars



Sutter Health

Pre-RecordedPerfecting the Plant-Forward Taco*

[Click here](#) for access.

Pre-RecordedCOVID-19 Vaccination and Talk*

[Click here](#) for access.

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*

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](#)

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](#)

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

Farro Recipes



Farro Salad w/Olives & Whole Lemon Vinaigrette



Farro with Roasted Mushrooms



Coconut Mango Breakfast Farro

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](#)