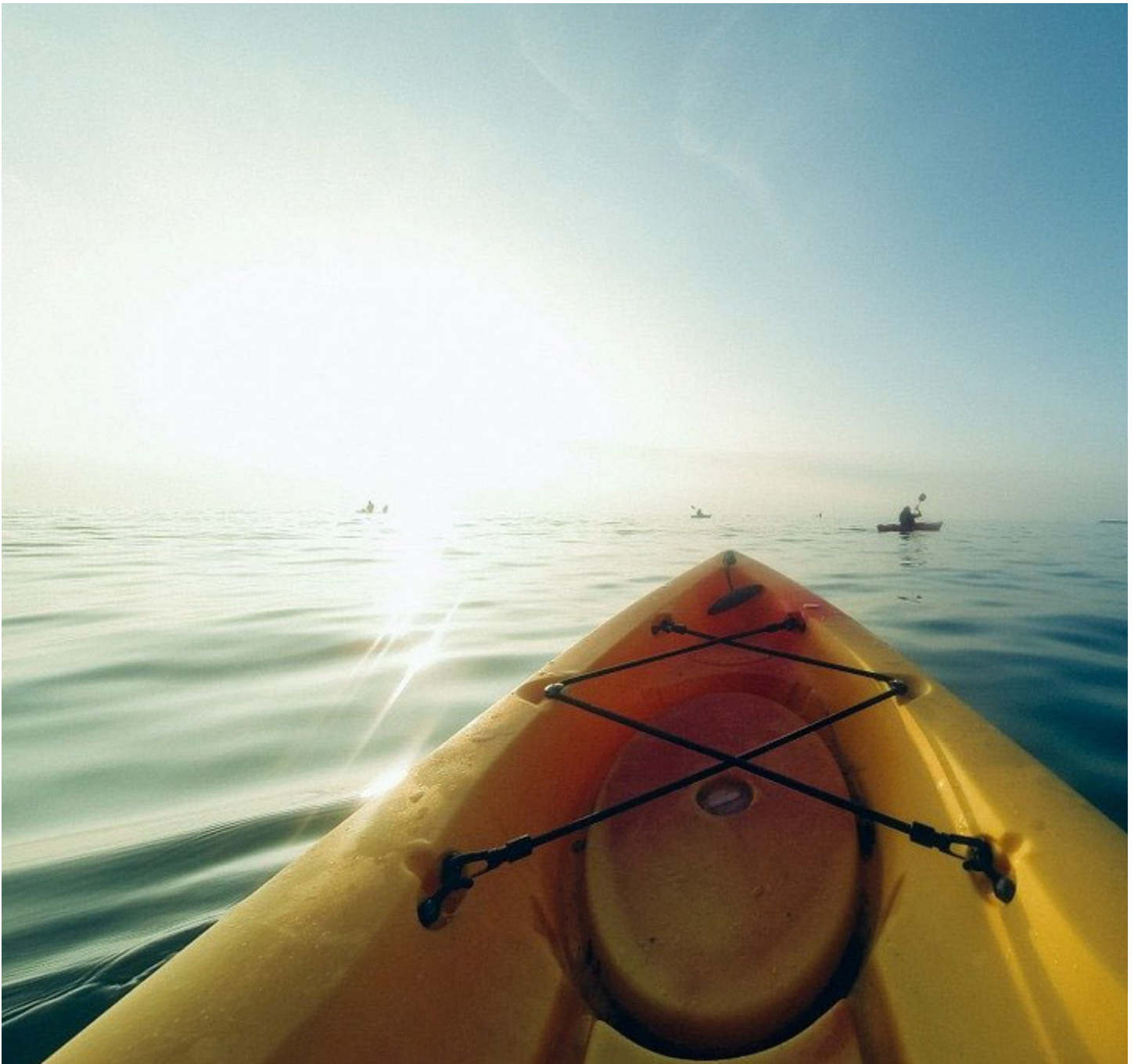

From: Employee Wellness
Sent: Monday, August 02, 2021 8:27 AM
To: County Staff
Subject: August is National Wellness Month!

In this issue: Make a Change Monday, Push your stress away, Corn Recipes and more.

Employee Wellness



Monday Refresh

THIS MONDAY, PLACE YOUR GOALS WITHIN REACH—AND YOUR STRESS FAR AWAY

Re-imagine your future by focusing on simple, doable steps to make progress.



**DESTRESS
MONDAY**

DeStressMonday.org

#DeStressMonday

[Click here](#) to learn more.

National Wellness Month



For the month of August, focus on Self-Care, Managing Stress and Promoting Healthy Routines.

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

There are numerous ways to make those small changes, too.

1. **Exercise.** Just 30 minutes of exercise per day can be a major mood-booster. Not only does it benefit your mental health, it keeps you at a healthy weight, gives you more energy, and assists with pain management.
2. **Drink more water.** Hydration is so important for your body, especially during these hot summer months.
3. **Spend time outside.** Fresh air can do a mind and body good, especially if you're exercising outdoors.
4. **Practice deep breathing.** Stress and anxiety can impact your breathing without you even realizing it, causing you to take shallow breaths, or even holding your breath for a period of time, causing your body to tense-up. Practicing deep breathing techniques, and concentrating on breathing from your diaphragm, can make a big difference.
5. **Get enough sleep.** Sleep is a huge factor in our mental and physical well-being. Getting an adequate amount of sleep each night helps keep your weight in check, your risk of depression and anxiety low, your memory sharp, your immune system strong, and so much more.
6. **Take a social media break.** With information constantly being thrown at us via social media, it's important that we take time each day to disconnect from technology in order to boost our mental and physical health. A digital detox can help with anxiety, sleep, mood, and lots more. Aim to put your phone away one

hour before bedtime to allow your brain to wind-down before falling asleep.

7. **Call a friend or family member.** Friends and family play a huge role in our mental health, and social connection can be an instant mood-booster. Make it a goal to call or video chat with someone important to you every day, even if it's just for 5 minutes!

8. **Cut back on sugar and load up on fruits and veggies.** The average American consumes 22 teaspoons of sugar each day, and much of it is hidden in salad dressings, alcohol, coffee creamer, etc. Sugar depletes your energy and makes you feel tired and grumpy (afternoon slump anyone?)

[Click here](#) to learn more.

Relaxation Corner



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.

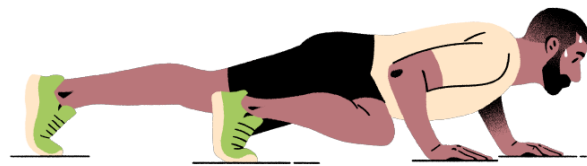
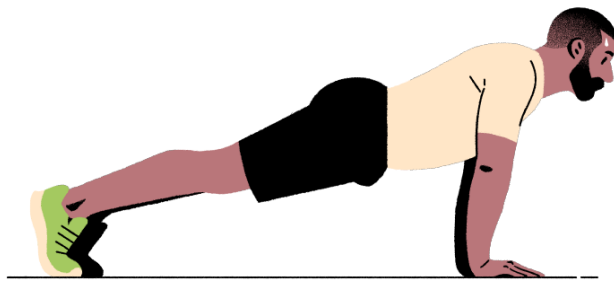
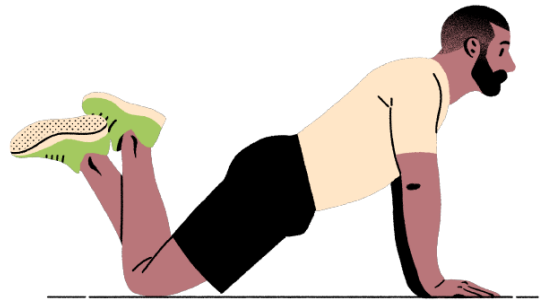
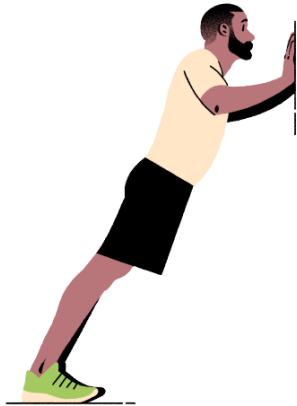
Go for a stroll

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.

Make a Change Monday

Find the right form for you.

There's a push-up variety suited for every fitness level.



#MoveItMonday

MoveItMonday.org

**MOVE IT
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

Corn Recipes



Grilled Corn on the Cob



Grilled Corn Tacos



Mexican Street Corn Salad

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.

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)

