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Employee Wellness



New Year's Resolutions



WAYS TO KILL NICOTINE CRAVINGS

Physical Activity – Moderately intense daily physical activity can reduce the desire to smoke and ease tobacco withdrawal symptoms.

Nicotine Patch – Use of a nicotine patch has been shown to help people overcome their cigarette habit.

Acupuncture - Acupuncture may reduce cravings for cigarettes and the desire to smoke.

Hypnotherapy - <u>Hypnotherapy</u> can be used to connect smoking with unpleasant associations, thereby helping reduce the desire to smoke.

Mindfulness - Practicing mindfulness is an effective method to cope with cravings or withdrawal symptoms, and can provide long-term benefits.

Yoga Survey



Please give us feedback on our Yoga program. How can we make it better for you?

Please follow this <u>link</u> to answer our quick and easy survey.

Yoga Pilot Programs



Yoga @ 701 Ocean St. Check back for more information.

Yoga @ Probation

Sign-up for Thursdays at Lunchtime ~ 12:10pm-12:50pm 303 Water St. 2nd Fl. Probation Training Room

To register, please click on this Employee Wellness Calendar link. Find the date you would like to register for and click on the calendar entry (a red X on the calendar entry indicates a full class). Type in your work email address, your name and phone number then click on the "Enroll" button. You should receive an email confirmation within minutes of your registration. If you must cancel please let us know by sending an email to EmployeeWellness@santacruzcounty.us at least 24-hours prior to the class so that we can inform our waitlist.

Wear comfortable clothes, bring a yoga mat and strap if you have one. \$5 donation accepted.

Instructor: Leslie Goodfriend

Weekly Newsletters

Do you ever want to look back at a Weekly Wellness newsletter but you deleted it?

Weekly Wellness newsletters are now being archived on the Intranet (Employee Wellness page).

Click here for the link. And while you're there – check out the rest of the site.



Lunchtime Wellness Activities



EMELINE LUNCHTIME YOGA: Join us on **Mondays and Wednesdays** for Lunchtime Yoga from 12:10-12:55pm – **PLEASE NOTE:** Location will be the **1060 Emeline Solarium**. The 1060 building has a large **F** on it. Wear comfortable clothes, bring yoga mat. \$5 donation accepted.



SANTA CRUZ COUNTY TABLE TENNIS CLUB: Meets every 2nd and 4th Friday of each month from 12:00-1:00pm – 1400 Emeline (East Patio). The next meeting is January 11th. Please RSVP by clicking here. Come one, come all! Be sure to bring a lunch and sun protection. Paddles, balls and a table are provided.

Healthy Vegan Recipes



Sweet Potato Hash Browns



Avocado-Grapefruit Salad with Jicama

Local Gym & Yoga Studio Discounts

YOGA AND GYM DISCOUNTS FOR COUNTY OF SANTA CRUZ EMPLOYEES AT THE FOLLOWING:

























Please click here for a link to the detailed list of discounts.