

*In this issue: Coping Strategies for  
Stress Reduction! Spring Wellness Talk  
Series by Dignity Health!*

# Employee Wellness



# Lunchtime Seminars

## Watsonville

### Ergonomics: Learn Simple Solutions to Improve Your Work Environment (FREE Lunch)

*Presented by Dignity Health*

**Tuesday, February 12<sup>th</sup> from 12:00pm-  
12:50pm**

@ 18 W. Beach Street – Training Room

**REGISTER NOW!** Click [here](#) and then click on the event in the calendar to enroll.

If you've registered and cannot attend please send an email to [EmployeeWellness@santacruzcounty.us](mailto:EmployeeWellness@santacruzcounty.us) to let us know.

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**Upcoming  
Wellness Talks by  
Dignity Health**

# Attend a Free Wellness Presentation on Your Lunch Break!

Get Informed • Get Fed • Get Free Stuff!



## Wellness Talks

Brought to you by Dignity Health Medical Network, formerly Physicians Medical Group of Santa Cruz

### ERGONOMICS:

Learn simple solutions to improve your work environment.

**TUESDAY  
FEBRUARY 12**

**12 - 12:45p.m.**

18 W. Beach St.,  
Watsonville

### GET OUT OF PAIN AND BACK INTO LIFE!

**TUESDAY  
MARCH 19**

**12 - 12:45p.m.**

701 Ocean St., Santa Cruz  
5th floor - Coastlines Rm

### GET OUT OF PAIN AND BACK INTO LIFE!

**TUESDAY  
APRIL 9**

**12 - 12:45p.m.**

1080 Emeline Ave.,  
Santa Cruz, Large Auditorium



RSVPs are appreciated so we can be sure to order enough lunch.

**RSVP:** [www.santacruzhealth.org/EmployeeWellness](http://www.santacruzhealth.org/EmployeeWellness)  
Click on the event within the calendar to RSVP.

Find us on Facebook or follow us on Twitter.

[facebook.com/pmgsantacruz](https://facebook.com/pmgsantacruz) [twitter.com/pmgsec](https://twitter.com/pmgsec) [instagram.com/pmgofsantacruz](https://instagram.com/pmgofsantacruz)



Dignity Health  
Medical Network.

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To register, click [here](#).

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## Coping Strategies for Stress Reduction

### ***Stress List***

- Make a list of all your stressors.
- Circle the stressors that you feel you have some control over.
- You may be surprised to find some relief by reviewing the stressors you cope with on a daily basis.
- The list can also be helpful for identifying areas of your life where you would like to take action to make change.

### ***Create a "Slow Zone"***

- Do just one activity for 10-15 minutes. Think and act more deliberately. Focus your attention on the task and away from distractions.
- Take a few minutes for transitions, such as sitting in your car for a few minutes after reaching your destination to allow yourself to "arrive".
- Take a minute to relax and reflect before eating.

### ***Self-Restoration Time***

- Set aside a block of personal time each week.
- Start with a minimum of 30 minutes, and work up to a total of 2-4 hours a week.

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# Healthy Recipes

[Spaghetti Squash with Roasted Tomatoes, Beans & Almond Pesto](#)



[Roasted Chicken & Winter Squash over Mixed Greens](#)





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# 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 **2<sup>nd</sup> and 4<sup>th</sup> Friday** of each month from 12:00-1:00pm – 1400 Emeline (East Patio). **The next meeting is Friday, February 8th. 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.

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# Yoga Pilot Programs



Yoga @ 701 Ocean St.

&

Yoga @ Probation

Thank you to everyone who responded to our Yoga Survey. We are looking at your feedback and working on a solution.



Please keep your eyes on the Employee Wellness newsletter for updated program information.

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# Local Gym & Yoga Studio Discounts

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Watsonville Yoga  
Dance and Healing Arts



Breath + ONENESS  
yoga • personal growth • community

CROSSFIT



SANTA CRUZ  
YOGA

Please [click here](#) for a link to the detailed list of discounts.