
From: Employee Wellness
Sent: Monday, August 31, 2020 4:56 PM
To: County Staff
Cc: Michelle Moore
Subject: Boosting Immunity

In this issue: Managing Stress during a Disaster, Being prepared, Immune Boosting Recipes and more.

Employee Wellness



Tips for Managing Stress (especially now)



Take a news break.

Watching endless replays of news footage can make your stress even greater. Although you'll want to keep informed—especially if you have loved ones affected by the disasters—take a break from watching the news.

Be kind to yourself.

Some feelings when witnessing a disaster may be difficult for you to accept. You may feel relief that the disaster did not touch you, or you may feel guilt that you were left untouched when so many were affected. Both feelings are common.

Keep things in perspective.

Although a disaster often is horrifying, remember to focus as well on the things that are good in your life.

Find a productive way to help if you can.

Many organizations are set up to provide financial or other aid to victims of natural disasters. Contributing or volunteering can be a way to gain a sense of “control” over the event.

Look for opportunities for self-discovery and recognize your strengths.

People often learn something about themselves and may find that they have grown in some respect as a result of persevering through hardship. Many people who have experienced tragedy and adversity have reported later on better relationships and greater sense of personal strength.

[Click here](#) for more information.

Prepare



With the CZU Lightening Complex fire at 39% containment and the air quality up, many of us have shifted back to our normal (COVID) existence. But now is actually a good time to prepare yourself and your family for an emergency. If you don't have an emergency plan for a wildfire, earthquake or other emergency in place – start to piece it together now.

Things you'll want to have in place (to name a few):

Where will your family will meet outside the fire/hazard area?

How will they get there (escape routes are important to have planned as it is harder to make good decision when in a stressful situation)?

plans for pets

Emergency supply kits should be prepped for easy access and include things like (to name a few):

first-aid kit

flashlight

copies of important documents prescriptions for medications

a map marked with at least 2 evacuation routes

important documents (passport, birth certificates, etc.)

For more information and checklists visit the [CalFire website](#) or the [ready.gov](#) website.

Boosting Your Immune System



Get enough sleep

Inadequate sleep may increase your risk of getting sick. Most adults should get at least 7 hours of sleep per night.

Eat more whole plant foods

Several whole plant foods contain antioxidants, fiber, and vitamin C, all of which may lower your susceptibility to illness.

Eat more healthy fats

Healthy fats like olive oil and omega-3s are highly anti-inflammatory. Since chronic inflammation can suppress your immune system, these fats may naturally combat illnesses.

Eat more fermented foods or take a probiotic supplement
Gut health and immunity are deeply interconnected. Fermented foods and probiotics may bolster your immune system by helping it identify and target harmful pathogens.

Limit added sugars

Added sugars contribute significantly to obesity, type 2 diabetes, and heart disease, all of which can suppress your immune system. Lowering your sugar intake may decrease inflammation and your risk of these conditions.

Engage in moderate exercise

Moderate exercise can reduce inflammation and promote the healthy turnover of immune cells. Jogging, biking, walking, swimming, and hiking are great options.

Stay hydrated

Given that dehydration can make you more susceptible to illness, be sure you're drinking plenty of water each day.

Manage your stress levels

Lowering your stress levels through meditation, yoga, exercise, and other practices can help keep your immune system functioning properly.

[Click here](#) to learn more.

Virtual Yoga Resources



**Virtual yoga resources from our local community
and yoga studios**

[Yoga with Kristal Caballero – Tuesdays @ 5:30pm in August](#)

Join HSA employee Kristal Caballero on Tuesday in August for stress-relieving, energizing yoga classes designed for these times.

Class Description: Treat yourself in this heart opening, strengthening, and grounding 75-minute yoga class. All levels welcome, this class is designed to relieve stress from the mind and tension from the body.

Bring a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15. All are welcome - no one ever turned away.

[Kristal's class schedule and registration links here.](#)

Donations can be made through Venmo or Paypal:

Venmo: @KristalCaballero Last 4 digits of phone: 8941

Paypal: kristal.caballero@gmail.com

Yoga, Relaxation & Meditation Resources:

[Santa Cruz Yoga](#) – check out their online class offerings

[Luma](#) – offers Virtual Wellness (yoga, breathing, meditation, etc.)

[Luma Yoga Online Practice Library](#) – a variety of videos of yoga and breathing exercises

[Yoga for All Movement](#)

Farmer's Market Closures



Many of our local farmer's markets are closed due to the CZU Lightening Complex fire. Check back next week for updated information.

Check out the online Farmer's Market at [Eatlocal.farm](https://eatlocal.farm)

(Please note: Eatlocal.farm is on hiatus due to the fires and poor air quality. Check back soon for more information or check out their website).

where 100% of product sales go to the farmers. You can also get fresh local fish and skip the grocery store.

Learn more [here](#).

Check out the local Farmer's Market too – don't forget to bring a mask.

Downtown Market: 1pm-5pm on Wednesdays – Open, but subject to closure.

Westside Market: 9am-1pm on Saturdays – Closed until further notice.

Live Oak: 9am-1pm on Sundays – Open, but subject to closure.

Felton: 1pm-5:30pm on Tuesdays – Closed until further notice.

Scotts Valley: 9am-1pm on Saturdays – Closed until further notice.

Aptos: 8am-12pm on Saturdays – Open

Watsonville: 3pm-7pm on Fridays – Open

Immune Boosting Recipes



[Crockpot Lentil Veggie Stew](#)



[Grilled Salmon w/Mediterranean Salsa](#)





Jamu Juice – Hot or Cold

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](#).

Relaxation Corner



These are difficult times for many us, with COVID-19 and now the CZU Lightning Complex fire – it is more important than ever to take inventory of your stress-levels and take steps to find an outlet. Below are some steps to help you reduce your stress levels.

Soak in a warm bath

Breathe deeply

Listen to soothing music

Practice mindful meditation

Journal

Employee Assistance Program (EAP)



EMOTIONAL HEALTH

When you need a helping hand, a skilled professional can provide focus, direction and support. MHN can help you identify and resolve issues involving:

Marriage and relationships

Family conflict

Stress, anxiety and emotional distress

Grief and depression

Alcohol or drug dependency

Life changes

Eligible members are entitled to:

1. Face to face counseling - up to 5 sessions per incident per calendar year with an MHN network provider
2. Telephonic consultations - for maximum convenience and anonymity
3. Web-video consultations - convenient and easy, but with a more personal touch than traditional telephonic

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: **santacruz**