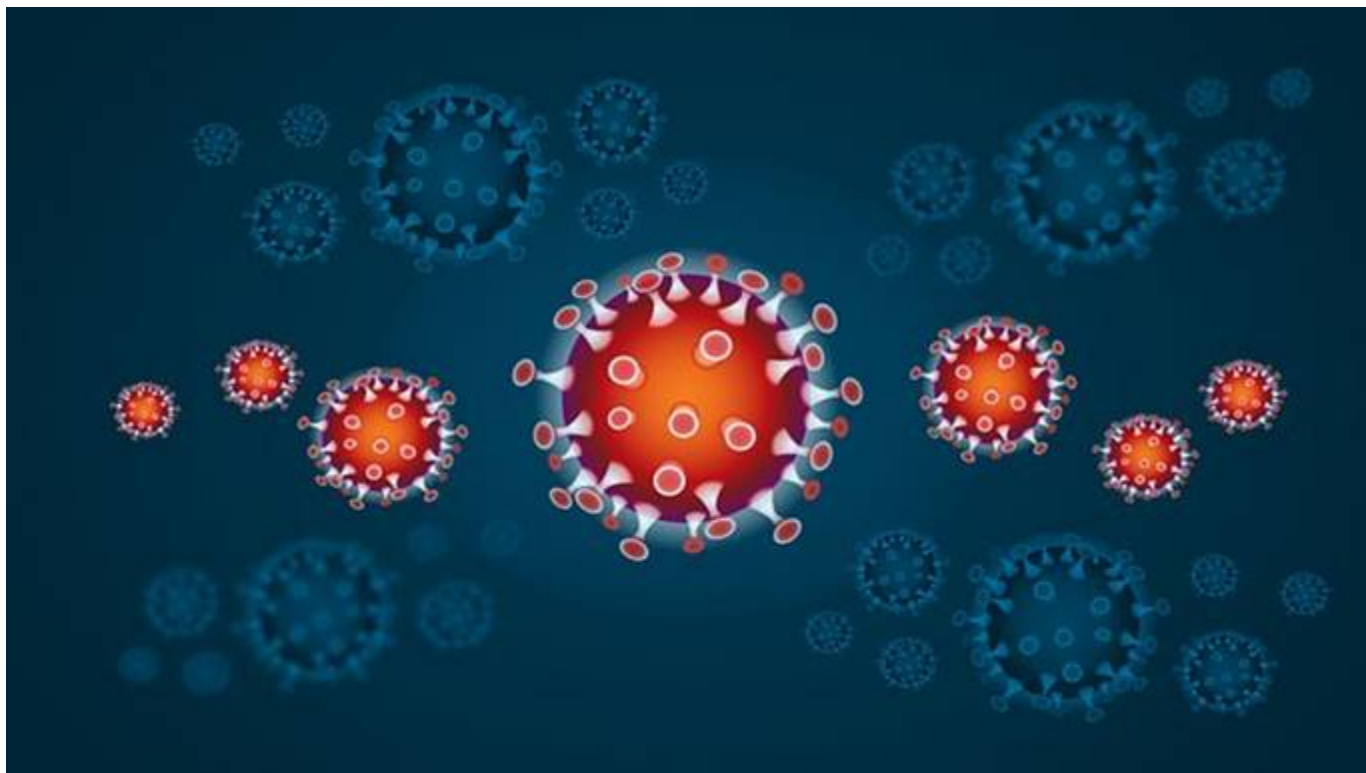

From: Employee Wellness
Sent: Monday, September 28, 2020 4:54 PM
To: County Staff
Cc: Michelle Moore
Subject: Greater Good In Action - Social & Emotional Wellbeing

In this issue: Breathing to Invoke the Relaxation Response,
Immune Boosting **Recipes and more.**

Employee Wellness



Stress & Our Immune System



Harvard Health Publishing states, that “the stress response suppresses the immune system, increasing susceptibility to colds and other illnesses”...and “the buildup of stress can contribute to anxiety and depression.” For many of us the Corona Virus has been an underlying cause of stress. There is no better time than now to create a routine in your life that address’ the stress in your life. A good place to start might be to invoke the relaxation response by way of breathing.

Deep breathing benefits

Deep breathing also goes by the names of diaphragmatic breathing, abdominal breathing, belly breathing, and paced respiration. When you breathe deeply, the air coming in through your nose fully fills your lungs, and the lower belly rises.

Practice Breath Focus

Breath focus helps you concentrate on slow, deep breathing and aids you in disengaging from distracting thoughts and sensations. It's especially helpful if you tend to hold in your stomach.

Once you have this down move into other beneficial modes of invoking the immune response by utilizing some of the following tools which all use breath focus (Learn more in the ***Mental Health Corner***):

Progressive muscle relaxation
Mindfulness meditation
Yoga, tai chi, and Qi Gong

Click here to read the full [article](#).

Virtual Yoga Resources



Virtual yoga resources from our local community and yoga studios

TUESDAYS

Virtual Yoga with Kristal Caballero – Tuesdays @ 5:30pm

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.](#)

WEDNESDAYS

Don't miss the NEW 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://ucsc.zoom.us/j/91641890819?pwd=YlhBMXVQMhF3TktsbGRrRnM4RU5UZz09>

Meeting ID: 916 4189 0819

Passcode: 986355

ANYTIME

Ongoing 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

October is Bike Month



SANTA CRUZ BIKE CHALLENGE
BIKETOBER
OCTOBER 1-31, 2020
LOVETORIDE.NET/SANTACRUZ
Set goals, climb leaderboards, and win prizes!

PRESENTED BY  Ecology Action | Helping people act now

[Register Here.](#)

Farmer's Market



We're lucky to have fresh produce, in-season, grown locally, available to us at multiple locations throughout the county!

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

Westside Market: 9am-1pm on Saturdays

Live Oak: 9am-1pm on Sundays

Felton: 1pm-5:30pm on Tuesdays

Scotts Valley: 9am-1pm on Saturdays

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Recipes for Immunity Support



9 Immunity Boosting Recipes from Well + Good



Lentil Veggie Superfood Stew



Mental Health Corner



Yoga For All Movement – check out their [link](#) to emotional & mental wellness where they talk about breathing and grounding during difficult and stressful times.

Greater Good In Action – UC Berkeley’s **Greater Good Science Center**, in collaboration with **HopeLab**, launched Greater Good in Action. “The practices in Greater Good in Action are for anyone who wants to improve his or her social and emotional well-being, or the well-being of others, but doesn't necessarily have the time or money to invest in a formal program.” This is a very cool website – **[click here](#)** for their body scan and **[here](#)** for their mindful breathing practice.

Sound Bath - Enjoy a relaxing sound bath experience with waves, marine animal sounds (Monterey Bay), and calming instrumentals. **[Click here](#)** to access this sound bath.

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>

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](#)