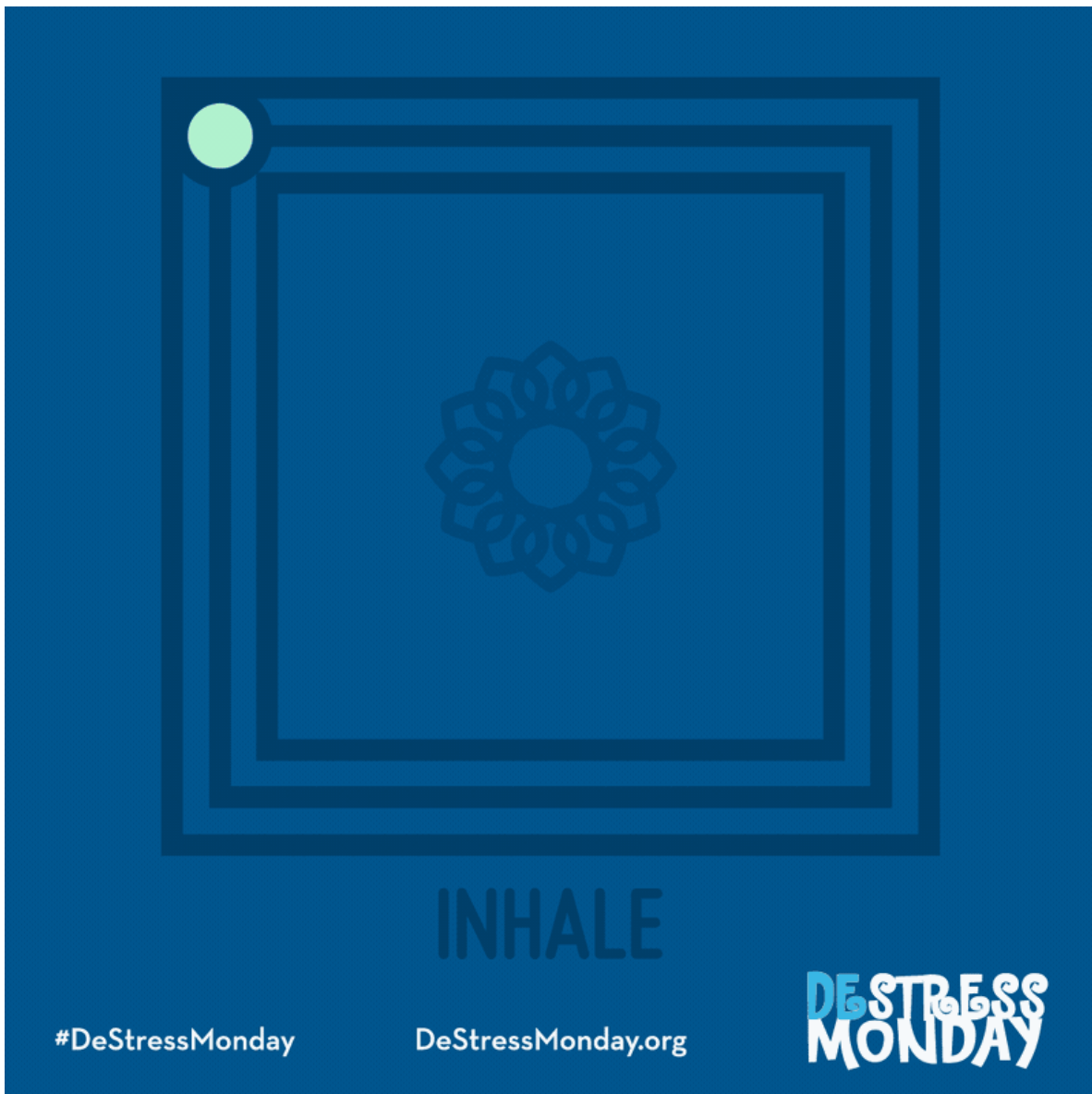

From: Employee Wellness
Sent: Monday, November 16, 2020 4:52 PM
To: County Staff
Cc: Michelle Moore
Subject: Breathe!

In this issue: Recorded Webinar: Diverse Diets for Diverse Cultures, Mindful Handwashing, Recipes – Holiday Sides and more.

Employee Wellness



Breathe



Square (Box) Breathing

Square breathing (or Box Breathing) is a great way to refocus your mind if you've been having a hectic day. Multitasking and busy schedules can be demanding on your brain and leave you in a fog. It's important to take a brief break and clear your head before diving back into business as usual. You don't need a visual aid but it can give you something on which to concentrate while you learn a new way to deep breathe.

Here is the practice:

Inhale for a count of 4

Hold for a count of 4

Exhale for a count of 4

Hold for a count of 4

For more information click [here](#).

Health & Wellness Webinars



(Pre-recorded webinars presented by Sutter Health and accessible to ALL County employees regardless of your healthcare provider)

****NEW** Diverse Diets for Diverse Cultures**

[Click here](#) for access.

Building Your Cognitive 401K: Dementia Prevention

[Click here](#) for access.

Men's Health: Living well in challenging times.

[Click here](#) for access.

Optimizing Health In a Pandemic

[Click here](#) for access.

Optimizing Your Immune System Against COVID-19

[Click here](#) for access.

Virtual Yoga Resources



Virtual yoga resources from our local community and yoga studio

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 **NEW** link.

<https://us04web.zoom.us/j/74081836918#success>

Meeting ID: 74081836918

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](#)

Farmer's Market



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

Online Farmer's Market at [Eatlocal.farm](https://eatlocal.farm)

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: CLOSED FOR THE SEASON

Scotts Valley: 9am-1pm on Saturdays (New location – Scotts Valley Square (K-Mart Parking lot))

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Healthy Holiday Sides



Smashed Green Beans w/Lemony Sumac Dressing

(I've never cooked with *sumac* is so I had to dig a little – click [here](#) for more information on *sumac* and the many ways it can be used.)



Quinoa Stuffing



Leeks in Vinaigrette w/Walnut & Tarragon

Mental Health Corner



Mindful Handwashing

Sure, hand washing is basic hygiene — the CDC recommends washing your hands with soap and water for at least 20 seconds (frequently) — but it’s also an opportunity to quiet your thoughts. By focusing on all the different sensory characteristics of hand washing: the warmth of the water, the aroma of the soap, the feeling of the suds in between your fingers, you can carve out a moment of peace and relaxation (which we can all use... especially these days).

The technique for mindful hand washing is simple:

1. Before washing, take a deep breath in through your nose and out through your mouth, and feel the tension leaving your face and body.

2. Next, turn on the faucet and focus on the sound of the water splashing against the sink.
3. When the water is warm, let it slowly wash over your hands, and really think about how it feels against your skin, palms, and knuckles.
4. Start lathering your hands with soap and concentrate on its scent.
5. Finally, rinse your hands and walk away feeling clean and refreshed.

For more information click [here](#).

Other Resources

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](#).

Employee Assistance Program (EAP)



Financial Services

Are you struggling to curtail your debt or develop a monthly budget?
Are you working towards major financial goals - like buying a house,
sending kids to college or ensuring a comfortable retirement?

We're here to help. With telephonic assistance and referrals to
qualified financial counselors and educators, MHN can help you gain
control of your financial life.

You are eligible for as many telephonic financial consultations as you need per separate financial issue.

Issues covered include:

- Credit counseling
- Debt and budgeting assistance
- Financial planning for college
- Retirement planning

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)