

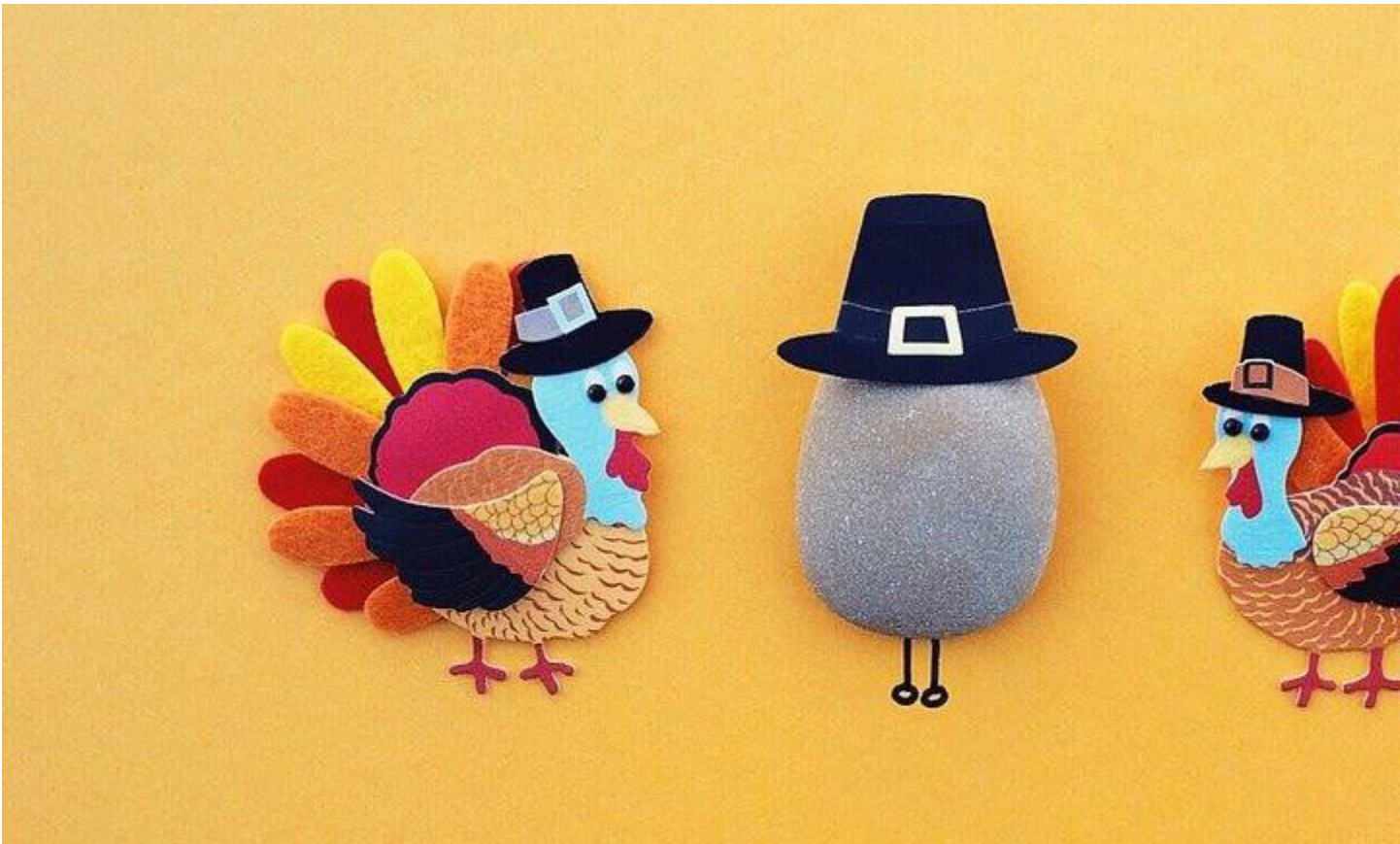
**Kennedy Cosker**

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**From:** Employee Wellness  
**Sent:** Monday, November 23, 2020 9:23 AM  
**To:** County Staff  
**Subject:** A Virtual Thanksgiving

**In this issue: Live Webinar w/Sutter Health, Yoga - Sun Salutation, Mental Health Corner, Recipes - holiday favorites with a healthy twist and more.**

**Happy  
Thanksgivi  
ng**



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# Virtual Thanksgiving!



The State of California just released stricter guidelines in response to the growing number of COVID-19 cases we're experiencing in many California counties. Hopefully everyone knows by now that the County of Santa Cruz has been placed in the Purple Tier. This means that guidelines for gatherings have changed significantly. So this may be the Thanksgiving that is best spent in a virtual environment. Jump on a

Zoom call with members of your family, share your gratitude with family via WhatsApp or over FaceTime (there are many platforms to use and many offer a video chat service, free of charge) or do a drive by and blow kisses through windows.

[Click here to learn more about the new California Covid-19 guidelines for gatherings.](#)

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# Health & Wellness Webinars



## **\*\*Live Webinar\*\***

**Wednesday, December 9<sup>th</sup> @ 12pm**

***Coping With the Holidays During This Challenging Time***

[Click here](#) to register.

## **\*\*Pre-Recorded Webinars\*\***

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

**\*\*Recorded\*\*** ***Diverse Diets for Diverse Cultures***

[Click here](#) for access.

**\*\*Recorded\*\*** ***Building Your Cognitive 401K: Dementia Prevention***

[Click here](#) for access.

**\*\*Recorded\*\*** ***Men's Health: Living well in challenging times.***

[Click here](#) for access.

**\*\*Recorded\*\*** ***Optimizing Health In a Pandemic***

[Click here](#) for access.

**\*\*Recorded\*\*** **Optimizing Your Immune System Against  
COVID-19**

[Click here](#) for access.

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# Virtual Yoga Resources

# Begin and End

Stand tall, feet together on ground, hands together at chest.

1. Lift hips

## 10. Inhale

Raise torso, extend arms over head, arch back.



## 9. Exhale

Come up halfway to flat back.



## 8. Inhale

Feet forward between hands. Slightly bend legs. Fold in.



# SUN SALUTATION

While practicing the poses, meditate on expressing gratitude for the sun, which makes all life on earth possible.

## 7. Exhale

Lift tailbone, push back. Keep your back straight, knees slightly bent.



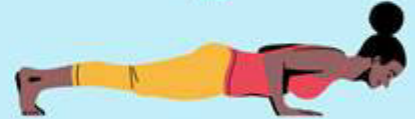
## 6. Inhale

Straighten legs, hips forward, bend slightly at waist. Lift chest.



## 5. Exhale cont.

Lower knees, chin, and chest to floor. Hips high and elbows in.



#DeStressMonday

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](#)**

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# 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

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# Holiday Favorites with a Healthy Twist



**Vegan Green Bean Casserole**



**Maple Roasted Sweet Potatos**



**Naturally Sweetened Cranberry Sauce**



Healthy Mashed Potatoes (no butter, no oil)

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# Mental Health Corner

## Stress & Anxiety

While many of us process stress differently, there are many tools out there that may help as we go through

stressful situations. First thing's first, understand that we are all different, so what may work for you may not always work for others. The De-Stress Monday's project provided the following infographic to help you utilize the the 5-4-3-2-1 Coping Technique tool to help you though stressful moments. You can learn more about it by following this [link](#).

# The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



#DeStressMonday

DeStressMonday.org

DESTRESS  
MONDAY

## 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](#).

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# Employee Assistance Program (EAP)



## Legal Services

Every year one out of three people in the U.S. is confronted with a legal problem. Many of these problems can be resolved with advice from a licensed attorney before they escalate, saving you time and money and minimizing the stress and anxiety caused by unresolved legal problems.

**You are eligible for an initial free telephonic or face-to-face legal consultation per separate legal matter, with a network attorney.** If you want to retain an attorney after the initial consultation, you get a reduced normal hourly rate or flat rate based on the legal matter.

Our attorneys deal with almost all types of legal matters, including divorce and child custody, contractual and consumer disputes, real estate and landlord-tenant issues, and car accidents and insurance disputes. (Matters involving disputes or actions between members and their employer, or MHN, are excluded from this plan. Also excluded are matters that, in the attorney's opinion, lack merit. Court costs, filing fees and fines are the responsibility of the member.)

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

**[members.mhn.com](https://members.mhn.com)**

**Select MHN EAP Employee Assistance Program Resources**

**Company code: santacruz**