

From: Employee Wellness
Sent: Monday, December 21, 2020 4:41 PM
To: County Staff
Cc: Michelle Moore
Subject: Celebrating the Season

In this issue: Kindness Can Keep Us Together, Cultivating Inner Strength, Recipe Corner, Self-Care and more.

Employee Wellness



Holiday Self-Care



Regularly schedule time to engage in self-care activities –

Schedule self-care activities (exercise, meditation, a hobby you enjoy) at the same time each day so they become routine or set a timer or alarm to remind yourself.

Practice gratitude for the people and events in your life – This might include writing in a journal about what you appreciate in your life, or letting others know the gratitude you feel.

Monitor your stress level – Have a list of activities you can engage in to relax for a few minutes. Perhaps this is taking a

walk, doing a few minutes of yoga, or watching a favorite TV show or movie.

Take care of your physical health – Ensure adequate sleep and a nutritious diet. Develop a plan to enjoy the special foods and treats around the holidays, while balancing them with healthy eating.

Celebrating the Season



Photo Credit: Santa Cruz Sentinel

Looking for a great way to get into the holiday spirit and boost your mood?

For many of us, Holiday Lights are a long standing staple and some locals have really boosted their lights display this year. I said it last week and I will say it again, my first-hand experience at the Bean Creek location says it's definitely worth the drive (and you can donate canned food item to their Valley Churches United food bin – a win win).

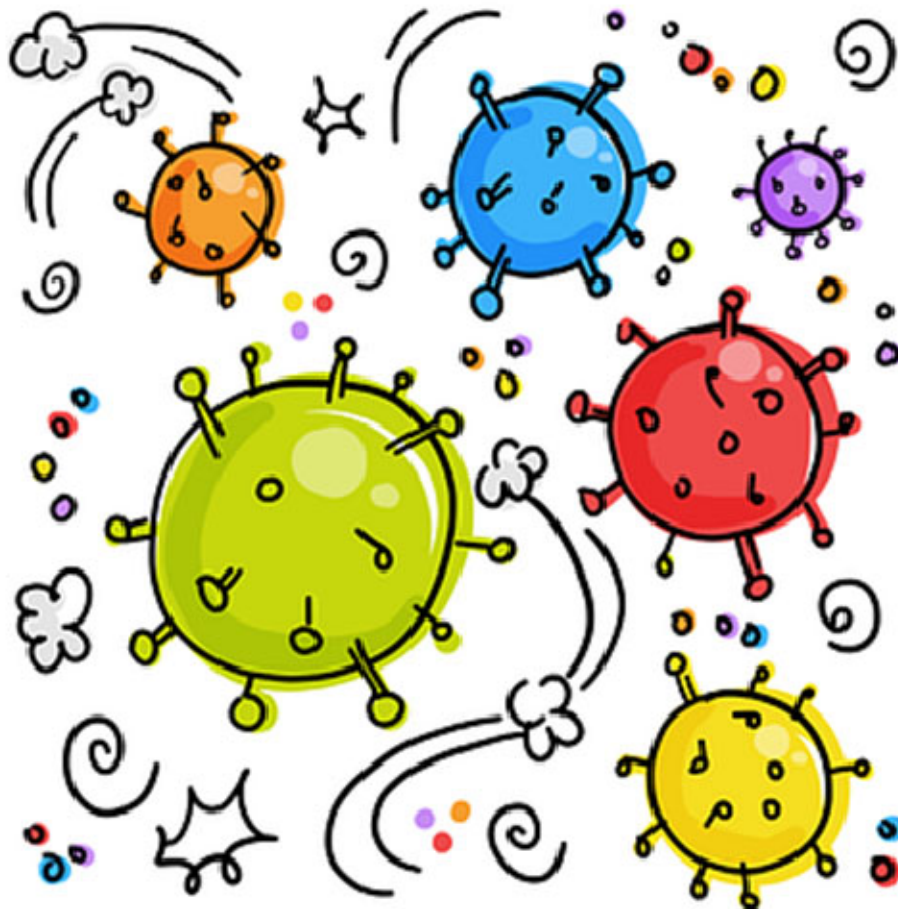
Bean Creek – Scotts Valley

Scotts Valley Map

The Santa Cruz County Fairgrounds Foundation is putting on a Holiday Lights display at the County Fairgrounds (click the link below for more information – this event cost \$\$).

[Fairgrounds - Watsonville](#)

Health & Wellness Webinars



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

Click here for access.

****Pre-Recorded**Optimizing Health In a Pandemic**

Click here for access.

****Pre-Recorded**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:

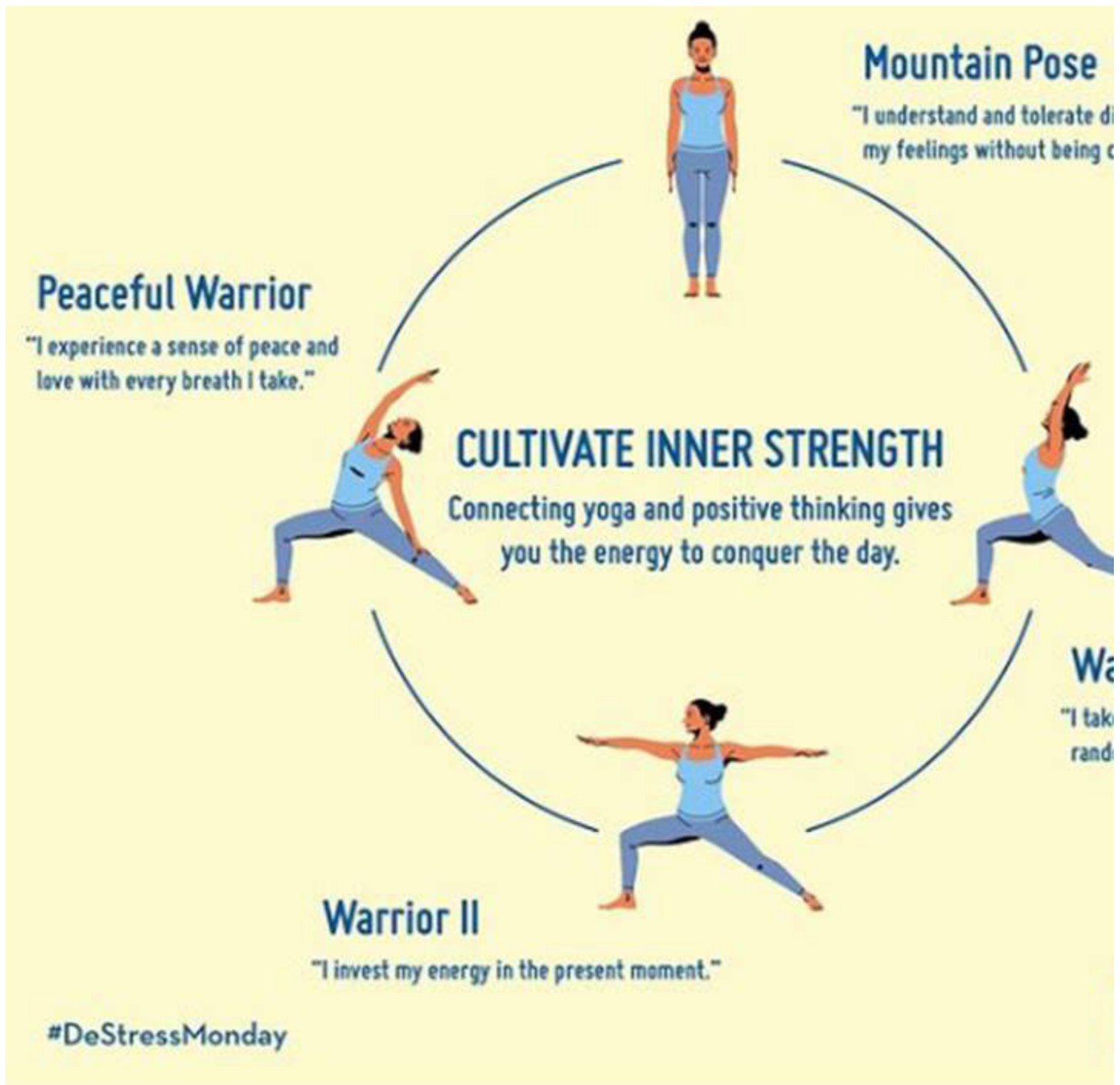
Santa Cruz Yoga – check out their online class offerings

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

Cultivate Your Inner Strength



Farmer's Market



We're lucky to still have the Farmer's Markets. Fresh, in-season produce, grown locally, and 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: CLOSED FOR THE SEASON

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Recipe Corner



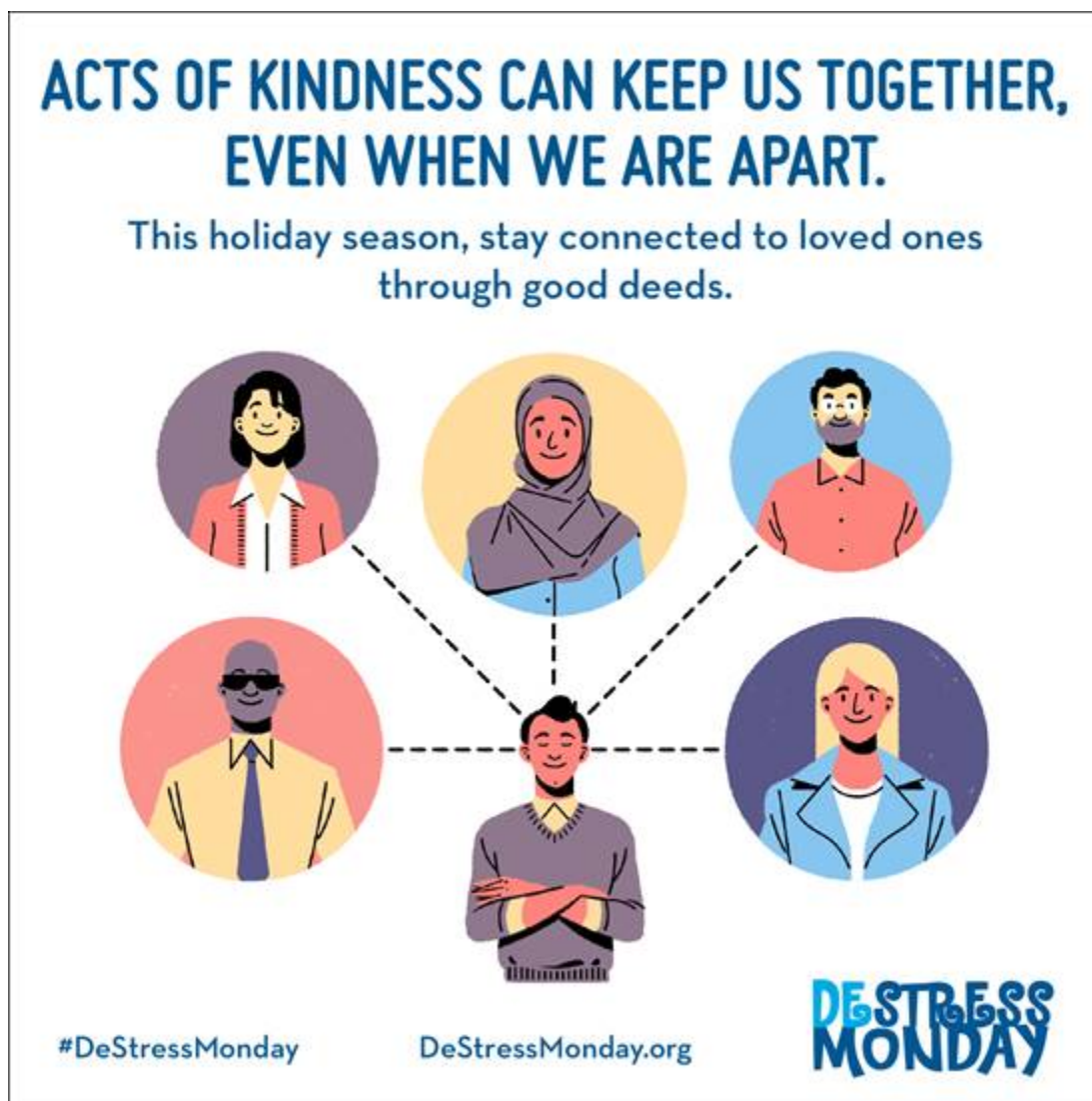
West African Peanut Stew



Roasted Squash and Cauliflower w/Cashew Tonnato



Kindness Can Keep Us Together



Here are a few ideas:

Create a Family/Friend Scrap Book
Drop Off Flowers
Facetime Your Grandparents or Aunts/Uncles
Send a Motivational Text
Run Errands for a Neighbor
Write a Letter
Start a Virtual Book Club

[Click here](#) for more ideas.

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](#).

Other Resources

Breath Work

[Harvard Medical](#) - Relaxation techniques: Breath control helps quell errant stress response

[Greatist](#) - 6 Breathing Exercises That Can Help You Relax in 10 Minutes or Less

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.

Meditation

UCLA – [Mindfulness Awareness Research Center \(MARC\)](#) has free guided meditations. Click on “meditation” above to learn more.

[Meditation and Mindfulness](#) – sponsored by the Smithsonian.

Body Scan

Mindfulness.org has many resources for meditation – check out their [website](http://Mindfulness.org) to learn more about the body scan helps us relax from head to toe. Click on “body scan” above to learn more.

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](#)