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**From:** Employee Wellness  
**Sent:** Tuesday, January 19, 2021 5:05 PM  
**To:** County Staff  
**Cc:** Michelle Moore  
**Subject:** Live Webinar Added - February 25th ~12-1pm

**In this issue: Wellness 2021, Recipes, Identity Theft Services - EAP and more.**

# Employee Wellness

# DO THE MONDAY REFRESH!



## BREATHE

Focus on your breathing to settle your mind.



## BE MINDFUL

Let go of thoughts about the past and worries about the future. Be in the moment.



## SHIFT TO THE POSITIVE

Detach from any harmful feelings and redirect your thinking to be positive.



## SPREAD THE HAPPINESS

Share your positive energy and outlook with others and wish them well.

*Photo Credit: [mondaycampaign.org](http://mondaycampaign.org)*

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# Wellness 2021



## **Eat Breakfast Every Day**

We're all rushing out of the door in the mornings, but you have to take the time to fuel your body in order to do your best work each day. Unplug Yourself

Putting away your phone or laptop isn't just good for your mental health, it's good for your physical health as well.

## **Increase Your Physical Strength**

You will have to make this goal more specific depending on your current strength level, but most of us could use some more lean muscle on our bodies. When you have strong muscles, you reduce your risk of injury and make it easier to maintain a healthy body weight.

### **Take the Time For Self-Care**

Make sure to put yourself first by practicing self-care. Doing so allows you to take intentional time away from stress so you can be more resilient when you're facing challenges.

### **Reduce Your Risk of Disease**

Make sure to attend all preventative care appointments that apply to you.

Learn more [here](#).

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# **Health & Wellness Webinars**



## Kaiser Permanente

**\*\*Pre-Recorded\*\* Defeating Sleepless Nights**

[Click here](#) for access.

## Sutter Health

Thursday, February 25<sup>th</sup> 12-1pm

**\*\*Live\*\* Webinar – Heart Disease: Differences Between Men and Women**

[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.

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# Virtual Yoga Resources





# Virtual yoga resources from our local community and yoga studio

## WEDNESDAYS

### 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://us02web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eGhkbU84bXRoQT09>

**Meeting ID:** 878 9103 1412

**Passcode:** 502478

## 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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# Self-Care



## 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



#DESTRESSMONDAY



BREATHE WITH THE SHAPE

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# Farmer's Market



*Photo Credit: City on a Hill Press*

**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) (temporarily closed)

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

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# Recipe Corner



[Vegan Mozzarella Cheese](#)





[Tuscan Chicken Tray Bake](#)



Chickpea Ratatouille

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# 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](#).

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# Employee Assistance Program (EAP)



## Identity Theft Recovery Services

Identity theft is one of the nation's fastest growing crimes, and it can be both financially and emotionally devastating. Call MHN today for information on how to protect yourself!

**If you have been victimized, we can help.** Call right away to receive a 30-minute consultation with a certified consumer credit counselor who can assess your situation, create an action plan and provide the knowledge and tools to implement that plan effectively. If there is a potential of ID theft, we will warm transfer you to an identity recovery specialist who can advise you on how to place fraud alerts, freeze credit, file police reports, and conduct other activities necessary to resolve fraud.

**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](#)**