
From: Employee Wellness
Sent: Monday, February 01, 2021 6:15 PM
To: County Staff
Cc: Michelle Moore
Subject: February - American Heart Health Month

In this issue: Heart Health 2021, Vegan Superbowl Recipes, Virtual Parks & Recreation, EAP Benefits and more.

Employee Wellness

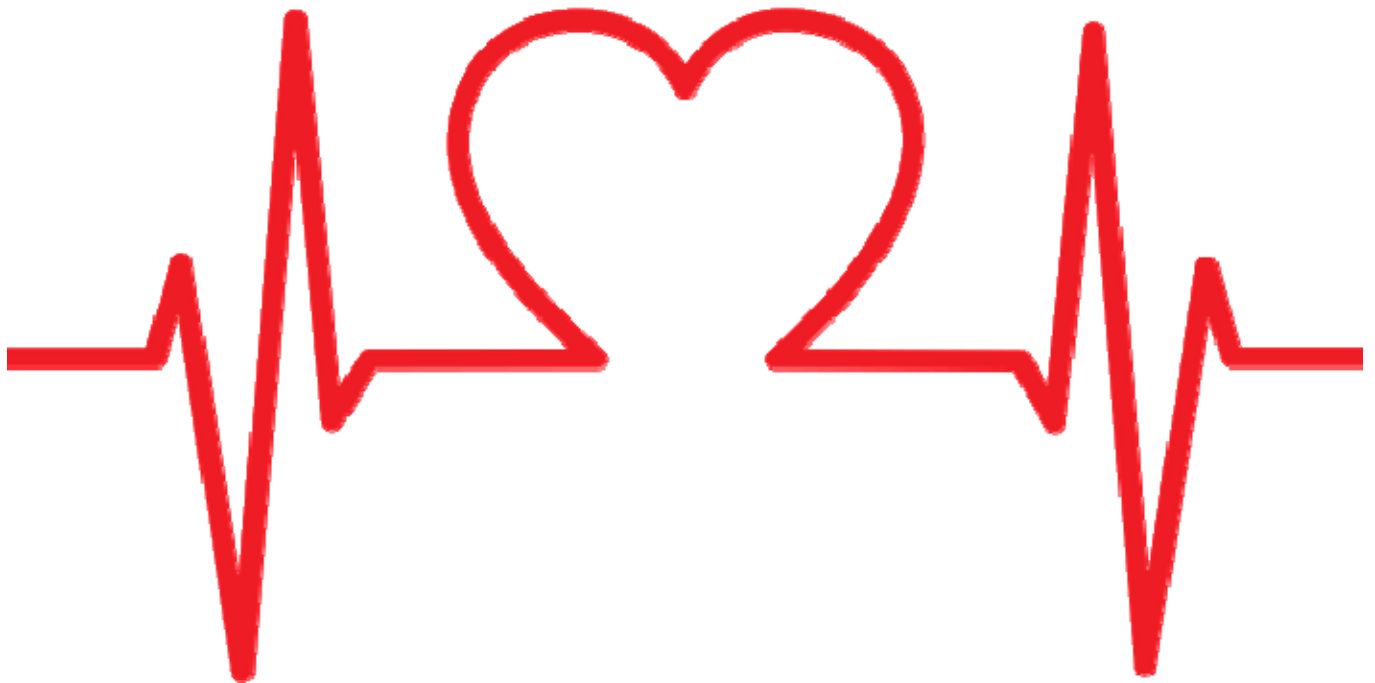
**Reduce stress with some
deep breaths.**



#HealthyMonday

**HEALTHY
MONDAY**

Heart Health 2021



Stop smoking

Quitting smoking is the best thing that can be done for the heart and for overall health. Smoking is the most preventable cause of premature death in the United States.

Know your numbers

Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart.

While there are standard guidelines for blood pressure and cholesterol, ideal weight goals are individual to each person.

Screen for diabetes

Untreated diabetes can lead to heart disease, among many other complications. Diabetes can be easily detected through a simple blood test and managed a variety of ways under the care of a physician.

Get active

Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30-minute moderate exercise sessions each week.

Build some muscle

Strength training compliments cardiovascular exercise by toning muscles and burning fat.

Sleep more

Sleeping restores the body, helps decrease stress and increases overall happiness.

Smile

A happy heart is a healthy heart.

[Click here](#) for more information.

Virtual Parks & Recreation



Santa Cruz County Parks has partnered with the Tannery World Dance and Cultural Center (TWDCC) to create a collection of videos to feature in the County Parks' Virtual Recreation Center.

The Parks department is thrilled to offer free virtual movement and art classes for all levels! Developed with the expertise and passion of the team at the Tannery World Dance & Cultural Center, you'll find classes ranging from Pilates, Hip Hop, Contemporary and Modern dance,

Capoeira, Soca/Zumba, Yoga, (and more) that are available for you to enjoy at home!

Other classes include Monarch butterfly drawing, sewing crafts, nutrition, and sound healing!

[Click here](#) to learn more.

Health & Wellness Webinars



Kaiser Permanente

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

[Click here](#) for access.

Sutter Health

Thursday, February 25th 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.

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=dXJtQUxOSUdUaDB2eGhkbU84bXRoQTog>

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](#)

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) (**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

Superbowl Recipe



Best Vegan 7 Layer Dip

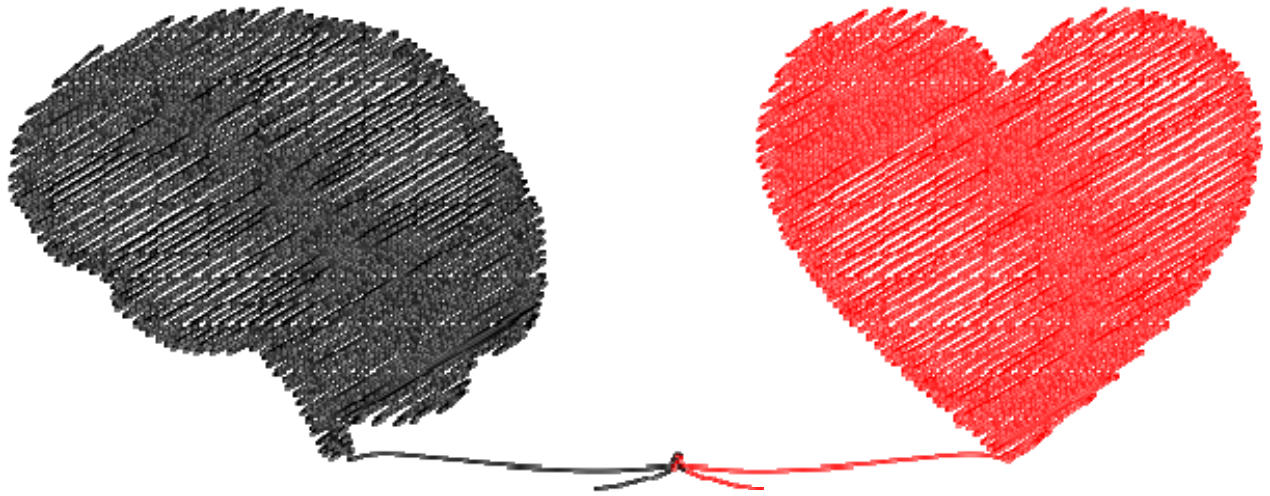


Vegan Queso



Spicy Vegan Spinach and Artichoke Dip

Self-Care Corner



Be creative

There's a reason adult coloring books have become so trendy—art therapy has proven health benefits.

Go outside

There are serious wellness benefits to getting out of the house (or the office, for that matter). In fact, spending time in nature has been part of the Japanese government's preventative health strategy since the 80s. They call it *shinrin-yoku*, which translates to "forest bathing," and it means simply being in the presence of trees—not by hiking or camping, just by... being there.

Set screen time limits—for yourself

We love our smartphones, tablets and laptops, too... but binge-watching the hottest new show or scrolling through emails before bed can impact your sleep, and researchers are starting to look at the ways social media can impact your mental health. Turns out, there are real health benefits to going tech-free for at least part of the day.

Learn more [here](#).

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)



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](#)