
From: Employee Wellness
Sent: Monday, August 23, 2021 4:23 PM
To: County Staff
Subject: Mental Health Hygiene - "MAPS" – Mastery, Altruism, Pleasure, Silence

**In this issue: Covid-19 Vaccinations & Testing Resources,
Wellness Goals with the SMART method, Summer Squash
Recipes and more.**

Employee Wellness



Destress Monday

SET GOALS INTELLIGENTLY WITH THE SMART APPROACH.

Learn how small steps forward can lead to long-term success.



#DeStressMonday

DeStressMonday.org

DESTRESS
MONDAY

[Click here](#) to learn more.

Mental Health Hygiene



“MAPS” – Mastery, Altruism, Pleasure, Silence

To help with anxiety and depression, especially during the pandemic the following is a list of areas to focus on for self-care. On a daily basis, schedule in at least one activity for each of the four MAPS.

Mastery - is anything that allows you to feel a sense of accomplishment in completing a task. The activity may be small or large, such as making a sandwich, cleaning something, sweeping the front porch or completing a task for work/school. Acknowledging the completion of the task can help bring a sense of purpose and accomplishment.

Altruism - is doing something good for another person. This may also be small or large, such as giving a call to a loved one that is feeling isolated or picking up an extra package of toilet paper for a neighbor (you can always leave it at the door and not make physical contact).

Pleasure - pleasure activities are essential. When depressed, you may anticipate that these activities will not be enjoyable, but doing things that used to be enjoyable is still important as “faking it” can eventually lead to actually enjoying it.

Silence - a period of silence on a daily basis is important to allow your brain to settle and be mindful in the moment. For many people, while at home you might have the television, radio or music on all day, but this constant background noise decreases your ability to experience the anti-anxiety effects of being silent and mindful in the moment. Constant noise and stimulation, increases adrenaline levels as your “fight or flight” response is activated. Daily periods of silence may allow your brain and body to decrease your adrenaline levels, activating your parasympathetic nervous system allowing you to “rest and digest.”

Click [here](#) to learn more about Mental Health Hygiene.

Move it Monday!

WRITE YOUR OWN SUCCESS STORY

Keep a fitness journal to document your progress.

The illustration shows a 'STEP LOG' journal for the month of October. It features two columns of tables, one for days 1-16 and another for days 17-31. Each table has 'Day' and 'Steps' headers. A red pen is shown writing in the first table. A blue pedometer is shown next to the journal, displaying '5200 STEPS' on its screen.

Day	Steps
1	1000
2	1500
3	1100
4	2000
5	1850
6	3000
7	2200
8	3400
9	1100
10	2500
11	4000
12	3700
13	3500
14	4200
15	4000
16	4400

Day	Steps
17	3800
18	4700
19	4100
20	3900
21	4300
22	5200
23	
24	
25	
26	
27	
28	
29	
30	
31	

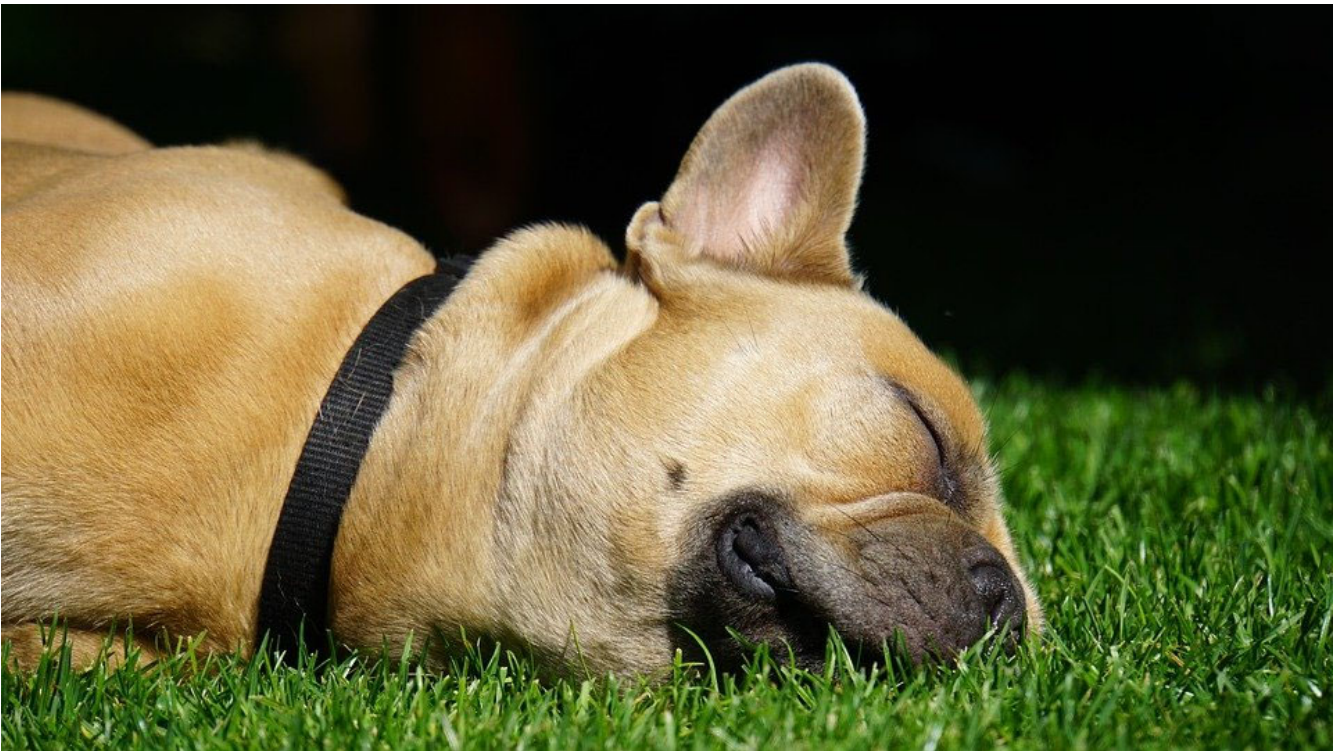
#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

[Click here](#) to learn more.

Health & Wellness Webinars



Sutter Health

**Pre-Recorded* * A Prescription for Movement*

[Click here](#) for access.

**Pre-Recorded* *Exercise vs. Training: The Difference Can Change
Your Life*

[Click here](#) for access.

*****Pre-Recorded**** COVID-19 Vaccination and Talk*

[**Click here**](#) for access.

Blue Cross/Blue Shield

[**Click here**](#) for access - Eat a Rainbow of Colors (pre-recorded) -
NEW

[**Click here**](#) for access - Eating to Boost Immunity

Kaiser Permanente

*****Pre-Recorded**** Defeating Sleepless Nights – [**click here**](#) for
access*

Yoga Resources



Virtual yoga resources from our local community and yoga studio

YOGA ON 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

Yoga for All Movement

Vaccine Pop-up Clinic & Testing Sites



Do you need to get yours? There are many ways to get a vaccination, without waiting. Check out the County Courthouse Vaccine Pop-up Clinic schedule below or [click here](#) for other options.

County Courthouse Pop-up Vaccine Clinic

Courthouse steps – 701 Ocean St.

Tuesday, August 24th – 8:00am-12:00pm

Monday, August 30th – 8:00am-12:00pm

Tuesday, August 31st – 8:00am-12:00pm

Monday, September 7th – 8:00am-12:00pm

Tuesday, September 10th – 8:00am-12:00pm

County Public Health will offer both the Pfizer and the Johnson & Johnson (Janssen) vaccine at no cost to visitors 12 years of age and older. All are

welcome to attend including staff and their families/friends. Although no appointment is necessary, appointments can be made by going to <https://myturn.ca.gov/>

*After the 17th, patients coming in for their first dose of Pfizer will need to schedule their second dose at an alternative location such as a pharmacy or doctor's office.



GET TESTED

Many testing sites listed have restricted access. Please call ahead to determine testing eligibility.

Some CVS Pharmacies are conducting COVID-19 testing. Click here to find out more:

<https://www.cvs.com/minuteclinic/covid-19-testing>

Walgreens, 1718 Soquel Ave. Santa Cruz:

<https://www.walgreens.com/findcare/covid19/testing>

Additional California testing locations can be found here:

<https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html#ca>

Doctors on Duty – Santa Cruz
[615 Ocean St.](#)

Santa Cruz, CA 95060
Mon-Fri, 8am-6pm,
Sat-Sun: 8am-2pm
Phone: 831-425-7991

Doctors on Duty – Watsonville
[1505 Main St.](#)

Watsonville, CA 95076
Mon-Fri, 8am-6pm,
Sat-Sun: 8am-2pm
Phone: 831-722-1444

Doctors on Duty – Aptos
[6800 Soquel Dr.](#)

Aptos, CA 95003
Mon-Fri, 8am-4pm,
Sat-Sun: Closed
Phone: 831-662-3611

Kaiser Permanente – Watsonville
[1931 Main Street](#)

Watsonville, CA 95076
Mon-Fri 1:30pm-4:30pm
831-768-6600

Sutter Health/PAMF - Santa Cruz
[Urgent Care](#)

[2025 Soquel Avenue](#)
Santa Cruz, CA 95065
Mon-Sun 8am-5pm
831-458-5537

Sutter Health/PAMF - Watsonville
[Urgent Care](#)

[550 S. Green Valley Road](#)
Watsonville, CA 95076
Mon-Sun 8am-5pm
831-458-5865

County Health Center-Santa Cruz
[1080 Emeline Avenue](#)

Santa Cruz, CA 95060
Monday-Friday 8am-4:30pm
831-454-4100

Planned Parenthood
[398 S Green Valley Road](#)

Watsonville, CA 95076
Tues and Thurs 12pm-1pm
831-724-7525

Salud Para La Gente
[204 East Beach Street](#)

Watsonville, CA 95076
Mon-Sat 8:30am-5:30pm,
Sun 8:30am-12:30pm
831-728-0222

Cabrillo College Student Health Center

[6500 Soquel Drive,](#)
Aptos CA 95003
Mon-Thurs 9am-3pm
831-479-6435
healthservices@cabrillo.edu

UCSC Cowell Student Health Center

[1156 High Street](#)
Santa Cruz, CA 95064
Mon-Fri 8am-5pm
831-459-2500

OptumServe - North County

Santa Cruz Civic Auditorium
[307 Church Street](#)
Santa Cruz, CA 95060
Mon-Fri 7am-7pm
[Make an appointment](#)
888-634-1123

CruzMedMo

[115 S. Morrissey,](#)
Santa Cruz, CA 95062
Mon-Fri 9am-4pm (1pm-4pm on 2nd
and 4th Tuesdays)
[No Appointment Necessary, +Travel](#)
[Certificates](#)
[Test results<1hr](#)
831-241-7501

Vaccine Information from the CDC

[Pfizer](#)

[Moderna](#)

[Johnson & Johnson's Janssen](#)

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!

The online Farmer's Market, EATLOCAL is back... check out their website [here](#).

Check out the local Farmer's Market – and 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:](#) 1-6pm Tuesdays

[Scotts Valley:](#) 9am-1pm Saturdays

[Aptos:](#) 8am-12pm on Saturdays

[Watsonville:](#) 3pm-7pm on Fridays

Summer Squash Recipes



Summer Squash & Basil Pasta



Quesadillas with Oaxacan Cheese & Squash Blossoms



Summer Squash and Red Quinoa Salad w/Walnuts

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

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)