

From: Employee Wellness
Sent: Monday, February 28, 2022 5:09 PM
To: County Staff
Subject: Wellness and Heart Health

**In this issue: Stress Reduction, Covid-19 Information,
Savory Vegan Breakfast Recipes and more.**

Employee Wellness



Reduce Stress

5 HEALTH BENEFITS OF REDUCING STRESS

Stress affects more than your mind. Here are five ways a stress management routine could help your body.



1 BETTER SLEEP

2 LOWER BLOOD PRESSURE

3 IMPROVED DIGESTION

4 REDUCED MUSCLE TENSION

5 BOOSTED IMMUNE SYSTEM

#DeStressMonday

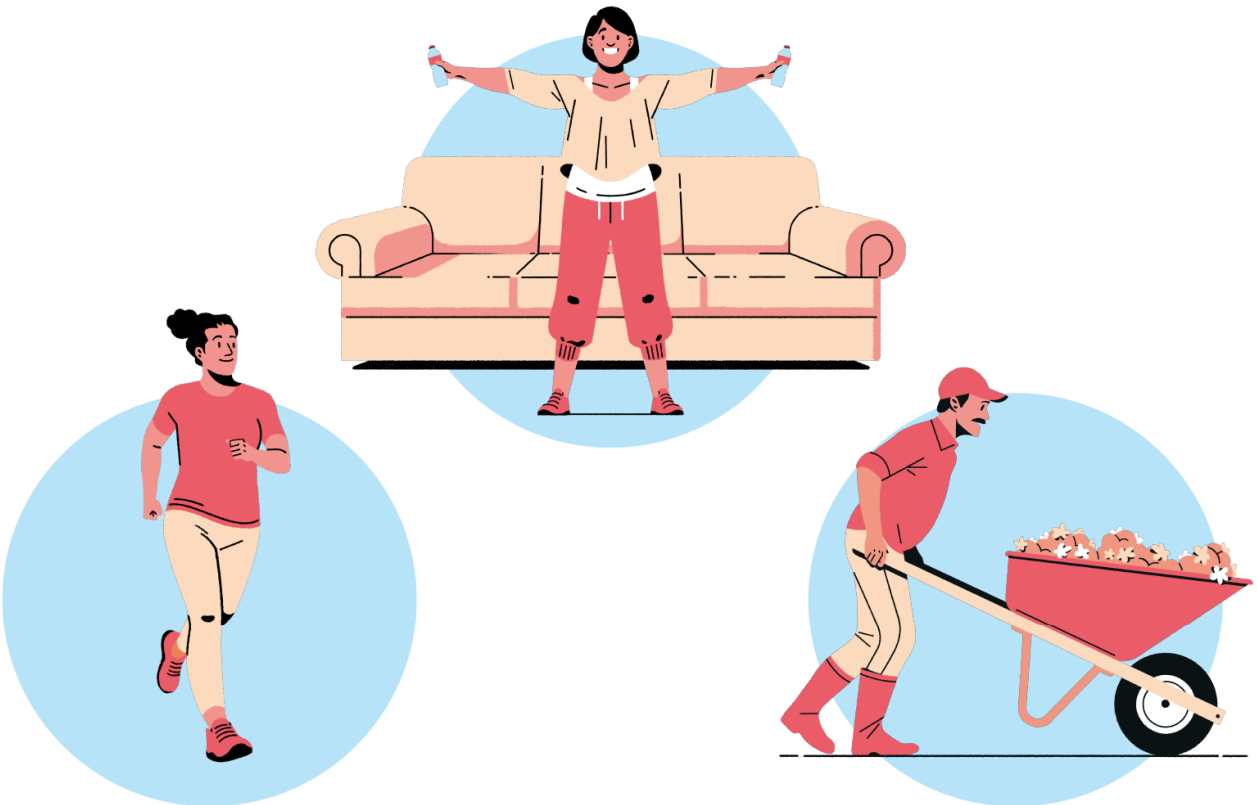
DeStressMonday.org

**DE STRESS
MONDAY**

[Click here](#) to learn more.

Heart Health

**Work up a light sweat
for your heart.**



#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

[Click here](#) to learn more.

Wellness Corner



Start bringing movement into tiny moments

Do side lunges when you're throwing clothes in the dryer. Knock out some push-ups when you're waiting for a pot of water to boil. Dancing is also a great way to move your body. Turn on some music and boogie with your partner or children.

Get your heart rate up, multiple times a day

If you have access to stairs in your home or apartment, going up and down those stairs is a great way to get your blood pumping.

Get out and walk, even for just 15 minutes

Work on your breathing – helps with anxiety.

Diaphragmatic breathing. Lie down on your back and put your hands on your abdominal region. When you breathe in, make your belly rise. And when you breathe out, your belly should fall. Stay in that position and take 10 deep breaths.

Learn more [here](#).

Health & Wellness Webinars



Please note: You do not have to be a member of Kaiser to attend a Kaiser webinar, or a Sutter member to attend Sutter webinars...etc. If registration requires an email address, please use your county email address.

Sutter Health

For Access to other Pre-Recorded webinars, please click on the link below.

[Click here](#) for access.

Blue Cross/Blue Shield

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

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

Yoga Resources



Virtual yoga resources from our local community
and yoga studio

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Virtual Yoga class w/Leslie Goodfriend – Wednesdays 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

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Ongoing Yoga, Relaxation & Meditation Resources:

[Santa Cruz Yoga](#)

[Yoga for All Movement](#)

COVID Vaccine/Booster/Testing/Test Info



Covid-19 Vaccine

Do you need to get yours? There are many ways to get a vaccination, without waiting. [Click here](#) to view options.

Vaccine Information from the CDC

[Pfizer](#)

[Moderna](#)

[Johnson & Johnson's Janssen](#)

Covid-19 Boosters

If you are 18 and older and have previously been vaccinated against COVID-19 (at least 5 months after your 2nd dose**) you are eligible for a booster shot in California.

[Click here](#) to learn more from the CDC.

**at least 2 months ago if you were vaccinated with the J&J vaccine.

Covid-19 Tests

Starting January 19th, you can order a set of free FDA approved rapid antigen tests by following this link:

<https://www.covidtests.gov/>

Covid-19 Testing Info (not for work compliance)



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, 10am-4:30pm, Sat-Sun: 9am-3pm Phone: 831-425-7991	Doctors on Duty – Watsonville 1505 Main St. Watsonville, CA 95076 Mon-Fri, 10am-4:30pm, Sat-Sun: 9am-3pm Phone: 831-722-1444	Doctors on Duty – Aptos 6800 Soquel Dr. Aptos, CA 95003 Mon-Fri, 9am-3pm, Appointment only – through Doctors on Duty website Phone: 831-662-3611
Kaiser Permanente – Watsonville 1931 Main Street Watsonville, CA 95076 Monday: 1:30pm-4:45pm Friday: 9:00am - 12:15 pm, 1:45pm- 4:30pm 831-768-6600 For members, by appointment only	Sutter Health/PAMF - Santa Cruz Urgent Care 2025 Soquel Avenue Santa Cruz, CA 95065 Mon-Wed, Fri 8am-2pm, closed for lunch 12-12:30pm Sat 8:00am- 12:00pm 831-458-5537 Appointments through myhealtonline only. Sutter patients only, PCR tests only	Sutter Health/PAMF - Watsonville Urgent Care 550 S. Green Valley Road Watsonville, CA 95076 Mon-Sun 8am-5pm 831-458-5865 Appointments through myhealtonline only. Sutter patients only, PCR tests only
County Health Center-Santa Cruz 1080 Emeline Avenue Santa Cruz, CA 95060 Monday-Friday 8am-4:30pm 831-454-4100	Santa Cruz Community Health Centers 21507 E Cliff Drive Santa Cruz, CA 95062 Mon-Thurs 8am – 8 pm, Fri 8am – 4 pm 831-427-3500	Cabrillo College Student Health Center 6500 Soquel Drive. Aptos CA 95003 Mon-Thurs 9am-3pm 831-479-6435 healthservices@cabrillo.edu

Farmer's Market



Our Farmer's Markets provide a resource for 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

Savory Vegan Breakfast Recipes



Vegan Breakfast Sausage



Vegan Egg Sandwich



[Vegan Chickpea Omelet](#)

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](#).

Employee Assistance Program (EAP)

Breathe

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:

Stress, anxiety and emotional distress

Grief and depression

Life changes

Marriage and relationships

Family conflict

Alcohol or drug dependency

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](#)