

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



## SKIN HYDRATION

### THE BEST BODY LOTIONS

Are you still battling winter skin – dry and itchy? There are remedies out there, but it is hard to determine which one is best for us. This article highlights products that address specific skin issues, including, ageing/sensitive skin, eczema and other allergies.

## OUTDOORS

### DIY BUG REPELLANT

There are lots of bugs out there and too many chemical products to combat them. Do you want to avoid chemical-based repellants? Have you ever wondered how easy it would be to make your own? Check out this article in the link above.

## CAMPING MEALS

### HEALTHY IDEAS

Do you ever wonder how to take your healthy eating habits on the road, or when camping? There are many tricks to planning healthy meals on the road. From hearty oats, to pancakes and kebabs – this article takes a deep dive into planning and prep.



## CALIFORNIA STATE LIBRARY PARKS PASS

Calling all Californians! You can now check out a FREE vehicle day-use pass at your local public library.

In partnership with the First Partner's Office and the California State Library, State Parks is providing free vehicle day-use entry to over 200 participating state park units operated by State Parks to library-card holders. The California State Library Parks Pass is valid for entry of one passenger vehicle with capacity of nine people or less or one highway licensed motorcycle. Click [here](#) for more information.

# Spring Recipes

Things are starting to get real at the farmer's markets locally. Fresh, spring produce is awaiting these recipes: [Spring Minestrone Soup w/Veggies & Chickpeas](#), [Creamy Polenta w/Spring Mushrooms & Fiddleheads](#) and [Crispy Braised Chicken Thighs w/Artichokes](#).



“A good laugh and a long sleep are the best cures in the doctor’s book.”  
 -Irish proverb

## BE WHERE YOU ARE

Look no further than the present moment to reduce stress. Use mindfulness to separate yourself from past and future worries.



#DeStressMonday

DeStressMonday.org



## DESTRESS MONDAYS

REDUCE STRESS BY BEING PRESENT

One of the best ways to become more grounded in the moment is to pay attention to the sensations of your body and the environment around you.

Mindfulness is simply being fully present in the moment, and aware of what you’re doing and where you are. It is the act of paying close attention to your thoughts, feelings and sensations as they’re happening. It’s taking note of your surroundings. Read more [here](#).

## EMPLOYEE ASSISTANCE PROGRAM

### CHILDCARE

Childcare problems produce frustration, worry and guilt. They can interfere with a parent's routine, causing missed time from work and canceled plans. When you call MHN for childcare assistance, our care consultants help you: Assess your childcare needs and understand the differences in cost and structure of the types of childcare available.

For more information log into MHN EAP by clicking [here](#). Use company code: santacruz

