

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



MAY 2022

## BIKE MONTH SANTA CRUZ

SPONSORED BY ECOLOGY ACTION

Join thousands of neighbors across Santa Cruz County riding to win. Whether it's prizes, reducing emissions, getting time outside, saving money on gas, or all the above, you can log rides any and every day of May! Maybe this is your first time participating in Bike Month or it's been years since you last rode a bike, this month is the perfect time to start again. Set goals, log rides, join your coworkers, attend community events, and feel the bike stoke.

Click [here](#) to register.



## 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. If you have been victimized, EAP can help. Call right away to receive a 30-minute consultation with a certified consumer credit counselor.

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

# DESTRESS MONDAYS

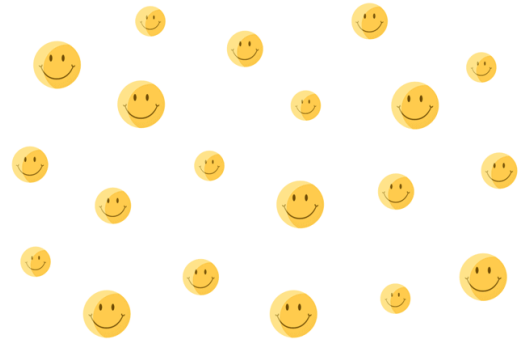
Change your focus to recall the positive this Monday for unexpected results. Savoring and focusing your thoughts on positive events is a way to shift to the positive and deflect stress. Ways to savor the positive:

1. Enjoy the moment
2. Put your feelers out
3. Recall a positive and vivid experience

Click [here](#) for more information.

## THIS MONDAY, TAKE A MOMENT TO ENJOY THE LITTLE THINGS.

You'll find they can really add up!



#DeStressMonday

DeStressMonday.org



## WEEKLY RECIPE CACHE

THIS WEEK: OATMEAL COOKIES, WALNUT LENTIL BOLOGNESE & QUINOA SALAD WITH MISO

When you're looking to create a meal that excites you and your family...look no further. We are always on the prowl for new recipes, so you don't have to be. Do you have suggestions? Let us know [here](#).



## MORE ON STRETCHING

STRETCHES FOR WORK

Every body needs to stretch, especially if you sit at a desk most of your day. Hamstrings and hip flexors are a great place to start, and you'll benefit from a regular stretching routine.

Click [here](#) to learn more about stretching for sitting.

