

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



## EXERCISE

### BENEFITS

Are you familiar with the unexpected benefits of exercise? Did you know that exercising can help not only help prevent cognitive decline but also boost brain power, increase relaxation, improve self-confidence, and help you get more done? Click [here](#) to learn more.

## YOGA

### ONLINE YOGA

It has been a while since we talked about yoga. Are you looking for an online yoga class? Are you new to yoga and hope to find a free resource to familiarize yourself with yoga – to get some practice? Check out these resources. Click [here](#) to learn more.

## STRETCH

### ACTIVE STRETCHING

What is active stretching? Active stretching is when you contract one set of muscles to stretch another. Unlike other types of stretches, you don't need to use external force or a stretching partner. A great routine for at-home or on-the-go workouts. Click [here](#) to learn more.



## LOCAL HIKES

When was the last time you visited a local State Park? We have so many in the County - all with an abundance of hiking trails. I recommend visiting Henry Cowell and taking a hike up to the Observation Deck. The observation deck can be reached via an "easy" hike (1 mile) or a "moderate" hike (5 miles). For the easy hike, enter through the Graham Hill entrance – they have a small visitors lot for parking. For the moderate level hike, enter through the visitors center off Highway 9. Learn more about Henry Cowell's hiking trails [here](#).

# Salad Season.

If there is any such thing as salad season...we're in it! Our Summer gardens and local Farmer's Markets are flourishing with delicious, in-season fruits and vegetables. Try these salads this month: [Blackberry Salad w/Arugula & Basil](#) , [Nectarine Salad w/Cucumber, Goat Cheese & Basil](#) and [Moroccan Watermelon Cucumber Salad w/Pistacios](#)



“Try to be a rainbow in someone else’s cloud.” — Maya Angelou

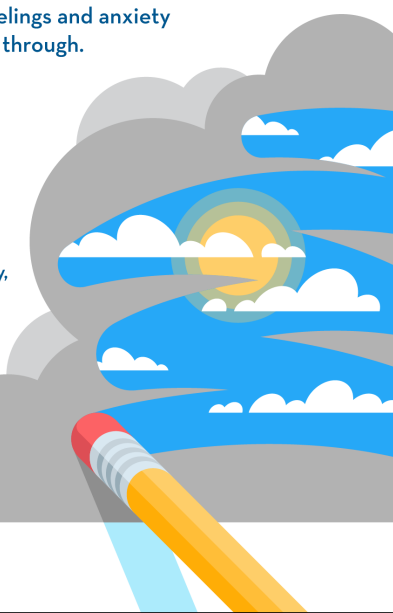
## Destress Mondays

### CLEAR THE WAY TO REFRESH YOUR INTENTIONS

This week, gently erase stressful feelings and anxiety so your positive thoughts can shine through.

- Take long, deep breaths until you feel calm and centered.
- Identify a thought that causes you stress or unhappiness. Imagine it drifting further and further away with each breath.
- When your mind is clear, set a healthy, positive intention for the week, such as being more compassionate.

DESTRESS MONDAY



### IDENTITY THEFT ASSISTANCE EMPLOYEE ASSISTANCE PROGRAM (EAP)

If you have been victimized, we can help. Call right away to receive a 30-minute consultation with a certified consumer credit counselor who can assess your situation, create an action plan and provide the knowledge and tools to implement that plan effectively.

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



“It always seems impossible until it’s done.” -Nelson Mandela