

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



FOR HEALTH

SUNRISE

Waking early, while for some of us, feels like a cruel punishment, is actually very good for our health. By watching the sunrise, you are exposing yourself to blue light (which is a good thing at the beginning of your day, but not at the end of your day). Waking early and watching the sunrise helps with sleep, weight management and overall wellbeing. Some suggest watching the sunrise can replace your morning coffee because the blue light tells your circadian rhythm it is time to be awake and I guess your body listens. I am going to try the ["sunrise therapy"](#) and see for myself.

To learn more, please click [here](#).



LOCAL HIKES – OLD LANDING COVE TRAIL – WILDER RANCH STATE PARK

Sometimes, all you need for a fresh start to your day is a good and easy hike by the ocean. Considered one of the best Santa Cruz hiking trails, the Old Landing Cove Trail is the perfect place to enjoy the sunrise. Get in your morning exercise as you watch the gulls, pelicans, and sea lions going about their day near the shore—you might even spot migrating whales. This is considered an "easy" trail and the full loop is approximately 2.3 miles. Click [here](#) to learn more.

Quinoa.

Quinoa, is a somewhat well-known healthy grain and has a high content of dietary fiber, contains poly-unsaturated fatty acids, and is considered a high-quality source of protein. It also has the an anti-inflammatory effect. Try adding this complete protein to your diet by trying these recipes (be sure to rinse it until the water runs clear): [Easy Quinoa Salad](#), [Quinoa Pear Breakfast Bake](#), [Mini Quiche Bites with Mushrooms, Quinoa & Cheddar](#).



“How glorious a greeting the sun gives the mountains.” — John Muir

Destress Mondays

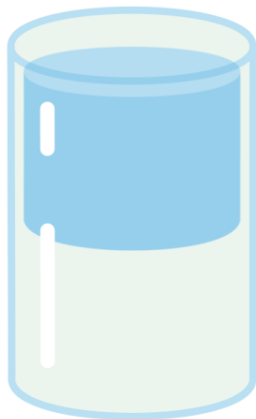
EMOTIONAL HEALTH

EMPLOYEE ASSISTANCE PROGRAM (EAP)

When you need a helping hand, a skilled professional can provide focus, direction and support. MHN can help you identify and resolve issues involving, marriage and relationships, family conflict, stress, anxiety and emotional distress, Grief and depression, alcohol or drug dependency and life changes. The Employee Assistance Programs is always confidential. For more information log into MHN EAP by clicking [here](#). Use company code: **santacruz**

CHEERS TO A NEW PERSPECTIVE!

This Monday, see the glass half-full. A positive outlook can make you happier and healthier.



#DeStressMonday

DeStressMonday.org



“The morning steals upon the night, melting the darkness.” -William Shakespeare