

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



## SELF-CARE DURING THE HOLIDAYS?

It is the time of the year when everything goes into full swing. You have your everyday things; work, kids, shopping, cleaning etc., but then we add baking, preparing holiday meals, entertaining, late nights and it all begins to add up and take its toll on our health. Now is the time to look toward self-care. Check in with yourself, think about how you're feeling? What can wait, what needs to be done now. We often take on way to many things, especially given that we only have 24 hours in the day. When planning your holiday celebrations, be sure to include time for self-care and enjoy the season by giving yourself your time back. To learn more about self-care during the holidays [click here](#).



## Fall Recipes

Try one of these delicious Fall recipes: [Roasted Autumn Harvest Salad](#), [Warm Kale-Quinoa Salad](#), [Pumpkin Bean Dip](#), [Healthier Masked Potatoes w/Cauliflower](#), [Vegetarian Stuffed Acorn Squash w/Cranberries](#) and [No-Bake Vegan Pie Crust](#).



**“Self-care is not selfish. You cannot serve from an empty vessel.”**

– Eleanor Brown

## Move it Mondays

### On your mark, get set, walk!

This Monday, invest in a new pair of shoes and take a step into the new week.



#HealthyMonday

**MOVE IT  
MONDAY!**

### 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



**“A calm mind brings inner strength and self-confidence, so that's very important for good health.” –Dalai Lama**