

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



## SUGAR CRAVINGS

### HIDDEN SUGAR

Did you know that 4 grams is equivalent to 1 teaspoon when reading sugar content on nutrition labels? And it isn't uncommon to pick up a yogurt that has 13+ grams of sugar. That's more than 3 teaspoons of sugar. Click [here](#) for more information about the hidden sugars in our foods and ways to avoid them.



## HYDRATING

### WATER IS LIFE

Staying hydrated isn't just for athletes, everyone needs to have good hydration practices so that their cells can run the way they are intended. Click [here](#) for more on hydration.



## HEALTHY RECIPES

Let's get the new year headed in the right direction with a variety of healthy recipes: : [Baked Mahi Mahi Tacos](#), [Pumpkin Chocolate Chip Muffin](#), [Vegan Walnut Breakfast Sausage Crumbles](#), [Roasted Chickpea Fall Salad](#), [Chili Mango Zesty Quinoa Salad](#), and [Sesame Quinoa & Tofu Thai Bowl](#)

# Employee Assistance Program (EAP) - Personalized Wellness Coaching

Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the support, resources and accountability you need to succeed.

Our certified coaches can help you with all sorts of health issues, including weight management, smoking cessation, fitness and exercise, stress management and overall lifestyle improvement. For more information log into MHN EAP by clicking [here](#). Use company code: santacruz



“Adopt the pace of nature: her secret is patience.” – Ralph Waldo Emerson

## HOW TO CONTROL YOUR THOUGHTS SO THEY DON'T CONTROL YOU.

1. If a craving arises, take a pause before acting.
2. Without judging, notice where the thought came from and how it makes you feel.
3. Let the craving go and gently redirect your attention to something healthier.



#DeStressMonday

DeStressMonday.org



## FARMER'S MARKET

Fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!

- Downtown Market:** Wednesdays
- Westside Market:** Saturdays
- Live Oak:** Sundays
- Felton:** Tuesdays
- Scotts Valley:** Saturdays
- Aptos:** Saturdays
- Watsonville:** Fridays

