

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.

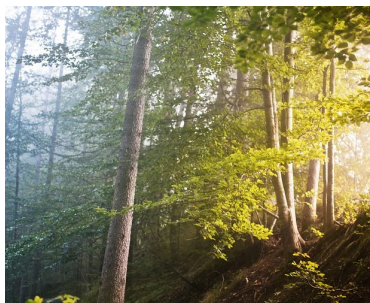


RELAX

BODY SCAN MEDITATION

This is a type of meditation that that focuses your attention on various parts of your body. Simply focus on the way each part of your body feels, without labeling the sensations as either “good” or “bad”.

Click [here](#) to learn more.



Forrest Bathing

WELLNESS

GETTING THE RIGHT STUFF

Your body needs to have the right things in place in order to function at its highest potential. You can start by getting enough sleep, drinking more of the right stuff, eating smaller portions mindfully, and eating foods rich in antioxidants.

Click [here](#) to learn more.



GREEK RECIPES

Are you interested in learning how to cook with different spices so that the flavor profile of your meals isn't the same day in and day out. Keep things interesting – try these recipes: [Greek Chicken Gyros](#), [Gluten-Free Buckwheat Pita Bread](#), [Chicken Bowl w/Tzatziki](#), [Vegan Moussaka](#), and [Bulgur Salad / Pligourisalata](#), [Chicken Souvlaki](#).

Employee Assistance Program (EAP) - Eldercare

Caring for an aging relative can be an enormous responsibility, and it's often difficult to know where to turn for reliable help. Your first call should be to MHN!

Visit the [County Benefits EAP](#) page to learn more.

To log into MHN EAP click [here](#). Use company code: *Santacruz*



“You can’t say ‘yes’ to everything and not say ‘yes’ to taking care of yourself.”
– Shonda Rhimes

BE YOUR CONFIDENT SELF

Research shows the more you believe in your ability to accomplish something, the more likely you’ll be able to accomplish that thing.



#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

