

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



MENTAL HEALTH

MAY: MENTAL HEALTH AWARENESS MONTH

What contributes to developing a mental health condition? How do we recognize warning signs? What are ways to maintain good mental health? Mental Health America's 2022 Mental Health Month Toolkit answers these questions and more. Click [here](#) to learn more.

If you or someone you know is in crisis, text MHA to 741741 to reach a trained Crisis Counselor 24/7 or call 1-800-273-8255 to reach a local crisis center through the National Suicide Prevention Lifeline.



EMPLOYEE ASSISTANCE PROGRAM (EAP)

Financial Services: You are eligible for as many telephonic financial consultations as you need per separate financial issue. Issues covered: Credit Counseling, Debt and Budgeting Assistance, Financial Planning for College, and Retirement Planning.

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

MOVE IT MONDAYS

Exercising from bed sounds too good to be true, but with bed yoga, it's possible to start your morning with a rejuvenating workout from the comfort of your mattress.

Yoga is a form physical activity that combines stretching with light, flowing movements. Practicing yoga can help improve range of motion and circulation, as well as relieve stress and anxiety. To learn more please visit their website [here](#).

Stretch into a Stress-Free Monday.

Start the week feeling fresh, energized, and stress-free by practicing yoga from the comfort of your own bed.



#MoveItMonday

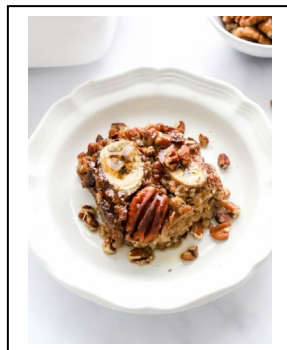
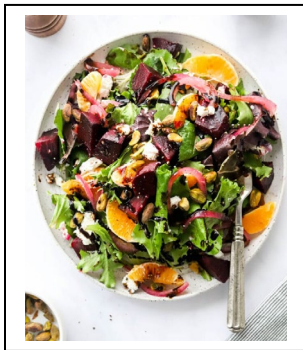
MoveItMonday.org

**MOVE IT
MONDAY!**

WEEKLY RECIPE CACHE

THIS WEEK: GLUTEN FREE, PALEO & VEGETARIAN

You don't have to be on a special diet to enjoy these recipes, they are simply delicious recipes that help people with allergies and food sensitivities enjoy great tasting food. To get recipes, please click on the images.



MAY IS BIKE MONTH

SANTA CRUZ COUNTY

This May, hundreds of individuals and businesses across Santa Cruz County will be enjoying all the benefits of bike riding. Register to ride during the month of May for a chance to win!

- 20 x \$100 gift cards from local bike stores
- \$1000 Grand Prize to one winner

Click [here](#) to register.

