

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



EAT

SMART WAYS TO MAKE SELF-CARE PART OF EVERY MEAL

Most of us are so caught up in the rat-race, that taking some time off for ourselves seems like a total waste of time. And as we get sucked deeper and deeper into the vortex of the daily grind we stop living and start existing. Click [here](#) to learn more.

SLEEP

SLEEP HYGIENE

Sleep hygiene is the term used to describe healthy sleep habits or behaviors you can practice that may help improve your ability to fall asleep and remain asleep through the night. These habits are simple and could provide a huge impact on your quality of sleep. Click [here](#) to learn more.

SELF-CARE

5 SELF-CARE PRACTICES

Stop! It is time to take care of yourself. Do often find yourself ensuring everyone around you has their needs met. When was the last time you stopped to think about your own needs? This article addresses the 5 self-care areas of focus. Learn more [here](#).



LOCAL NEWS

Big Basin Redwood State Park, established in 1902, is the oldest in California. It closed down in 2020 due to the CZU Lightning Fire, but there is light at the end of the tunnel for this iconic park. The public has been invited to provide input to help reimagine the future of the park and a lot of progress has been made.

To learn more about what is in store for our local treasure, please visit the [Reimagining Big Basin website](#).

Nuts & Seeds.

Delicious nuts and seeds are a great addition to your diet. They boast heart-healthy fats, omega 3s, plant sterols, fiber, plant protein, vitamin E, selenium, and calcium. They'll help you stay full longer, and they add texture to the food you eat. Try these recipes for a boost of nutrition and flavor: [Salad Crunchies Seed Medley](#), [Seed Bread](#), and [Mango Chia Pudding](#).



“All truly great thoughts are conceived while walking.” — Friedrich Nietzsche

Click images below for more information

SELF-CARE STARTS ON MONDAY

Each week, take a few time-outs for yourself to reduce stress and improve your well-being. Some suggestions:

<p>WALK OUTSIDE AND GAZE AT THE CLOUDS Let your mind playfully wander.</p>	<p>INHALE A SCENT YOU LOVE Linger on the fragrant aroma.</p>	<p>DO A MINI-DECLUTTER Organize a drawer that's been bugging you.</p>
<p>TAKE A DIFFERENT WAY TO WORK Get out of your rut. See things anew.</p>	<p>TREAT YOURSELF Give yourself something special. Go on, you're worth it.</p>	<p>UNPLUG AND UNWIND Turn off the cellphone and reconnect with yourself.</p>

#DeStressMonday

DeStressMonday.org



EMPLOYEE ASSISTANCE PROGRAM

PERSONALIZED WELLNESS COACHING

EAP's Personalized Wellness services offers 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. For more information log into MHN EAP by clicking [here](#). Use company code: **santacruz**

