

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



STRESS FREE ZONE

MEDITATION

When we meditate, we inject far-reaching and long-lasting benefits into our lives: We lower our stress levels, we get to know our pain, we connect better, we improve our focus, and we're kinder to ourselves.

Click [here](#) to learn more.

KEEPING GERMS AT BAY

HANDWASHING HABITS

We're not completely out of the woods with regard to Covid-19 so it is important to continue good handwashing habits, cover coughs and sneezes and monitor your health to help mitigate the spread of the virus.

Click [here](#) to learn more.

SUMMER

REMINDERS

Watch out for sun exposure! Each time you run out to get the mail, walk the dog or commute to work without sun protection adds to the damage that can lead to skin cancer. Protect yourself!

Click [here](#) to learn more.



JULY IS PARKS & RECREATION MONTH

July is Parks & Recreation month...visit one of the many city or county parks during the month of July and be sure to check out this [link](#) for more information about our beautiful County parks.

The city parks are celebrating in July as well. Enjoy 31 days of free events with the City of Santa Cruz. To learn more about the City of Santa Cruz's July events, please visit this [link](#).

Spice Blends.

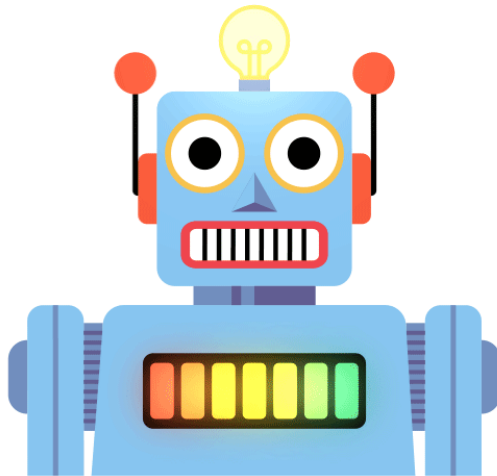
Spice blends are a leg up for creating a easy and delicious dish. Blends including Za'atar, Chimichurri, Garam Masala, even Chili spice lend themselves well to vegan or vegetarian dishes. Try these delicious recipes: [Za'atar Chickpea Vegan Buddha Bowl](#), [Ratatouille de Provence](#), and [Portobello Steaks w/Avocado Chimichurri](#).



“Things may come to those who wait, but only the things left by those who hustle.” — Abraham Lincoln

PUMP YOURSELF UP WITH SOME DEEP BREATHING

Deep breathing can boost your energy and enhance your focus.



#DeStressMonday

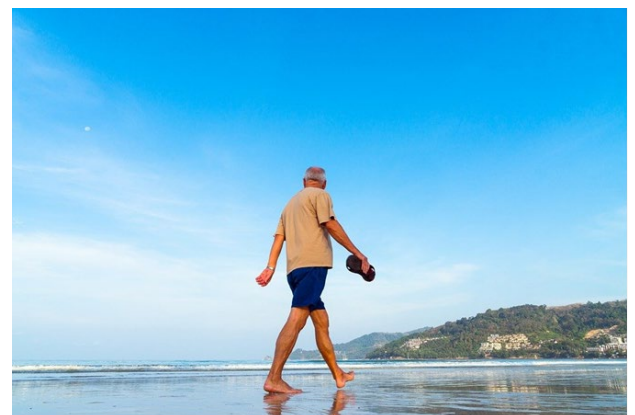
DeStressMonday.org

DESTRESS
MONDAY

EMPLOYEE ASSISTANCE PROGRAM 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!

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



“You must do the thing you think you cannot do.” — Eleanor Roosevelt