

EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



SHINRIN-YOKU

FOREST BATHING

Are you looking for a way to manage stress? Try Forest Bathing! In 1982, the Japanese Ministry of Agriculture, Forestry, and Fisheries created the term shinrin-yoku, which translates to “forest bathing” or “absorbing the forest atmosphere.” The practice encourages people to simply spend time in nature – no actual bathing required. It’s also very low impact, which means you don’t have to go for intense trail runs or hikes. The goal of forest bathing is to live in the present moment while immersing your senses in the sights and sounds of a natural setting. To learn more about Forest Bathing and its benefits, please click [here](#).



LOCAL HIKES – BYRNE-MILLIRON FOREST

A hidden gem tucked away in the forest off Brown’s Valley road in Corralitos, Byrne Milliron forest is a hike all local residents should consider. The Byrne Milliron trails offer panoramic views of the Pajaro Valley and Monterey Bay, and a 1,000 year old “Great White” redwood, plus their trails are dog-friendly. Be sure to check out their website and register before heading up the long, narrow, one-lane road, but don’t worry, it is worth it. Click [here](#) to learn more.

Vegan for a minute.

If the word vegan makes cringe, you are not alone. But don't miss out on some spectacular recipes. Vegan is becoming so mainstream that you are hard pressed to tell the difference between some vegan dishes and their inspiration dishes. Here are a few ideas: [Vegan Buckwheat Chocolate Chip Cookies](#), [Vegan Breakfast Sandwich](#), [Chipotle Portobello Tacos \(Vegan\)](#).



“Love the life you live – live the life you love.” — Bob Marley

Destress Mondays

STRESSED OUT? WALK IT OFF.

This Monday try mindful walking to bring focus and calm.

1. Pick a time in your daily routine to practice mindful walking for at least five minutes.
2. Concentrate on the physical sensations of walking - the sights, sounds, and feelings of each step.
3. If your mind wanders, gently return your focus by repeating “left, right” as you walk.



DESTRESS MONDAY

DeStressMonday.org

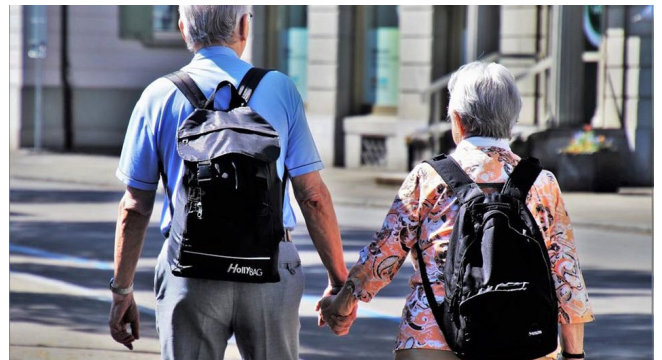
#DeStressMonday

ELDERCARE

EMPLOYEE ASSISTANCE PROGRAM (EAP)

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! Examples of assistance include: finding assisted living, residential and medical care facilities, obtaining information on senior meal services, community resources and more.

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



“A strong body makes the mind strong.” –Johann Wolfgang von Goethe