

# EMPLOYEE WELLNESS

LIVE HERE. WORK HERE. PLAY HERE.



## LOWER STRESS

### BENEFITS OF NATURE'S SOUNDS

Spending time hiking through the forest, walking along the beach or even just sitting in these places benefits our wellbeing. The [soothing sounds](#) of nature, including wind, birds, gurgling water, the ebb and flow of the ocean and leaves rustling all contribute to lowering levels of stress. So, you're not only benefiting from the physical exercise (if you decide to walk/hike), but you're also lowering your stress, which we know can cause a long list of health issues. Don't forget to breathe in the fresh scents of nature while you are there - concentrating on [nature's smells](#) (i.e., being mindful of the smells) also contributes to lowering stress.



### LOCAL HIKES – CASTLE ROCK STATE PARK

Castle Rock Falls: This is a short and easy hike (1.3 miles roundtrip) with an elevation gain of 320 feet. Even during drought conditions the views to the west are spectacular.

Ridge/Trail Camp Loop is a 5.5 mile, moderately difficult hike. Hike through the forest and past Castle Rock Falls and Goat Rock. Enjoy views of the San Lorenzo River Valley and glimpses of Monterey Bay. Click [here](#) to learn more.

# Walnuts.

Walnuts are a nutritional powerhouse and have a flavor that is versatile for many types of dishes. They also add texture to vegetarian and vegan meals and help us incorporate more omega-3s, antioxidants and healthy fats to our diet. Try one of these wonderful walnut recipes: [Walnut & Lentil Bolognese](#), [Vegan Walnut Breakfast Sausage Crumbles](#), [Walnut "Meat" 4-ways](#), and [Brown Rice & Walnut Stuffed Peppers](#).



“A walk in nature, walks the soul back home.” — Mary Davis

# Destress Mondays

## PERSONALIZED WELLNESS COACHING EMPLOYEE ASSISTANCE PROGRAM (EAP)

Our wellness coaching services offer extra support when you're ready to change your life. Our certified coaches can help you with all sorts of health issues, including weight management, smoking cessation, fitness and exercise, stress management, lifestyle support for chronic conditions such as asthma, diabetes, and cardiovascular disease and more

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



## SET GOALS INTELLIGENTLY WITH THE SMART APPROACH.

Learn how small steps forward can lead to long-term success.

|                               |  |                                   |                            |                                  |
|-------------------------------|--|-----------------------------------|----------------------------|----------------------------------|
| <b>S</b>                      | <b>M</b>                                 | <b>A</b>                          | <b>R</b>                   | <b>T</b>                         |
|                               |  |                                   |                            |                                  |
| <b>SPECIFIC</b>               | <b>MEASURABLE</b>                        | <b>ACHIEVABLE</b>                 | <b>REALISTIC</b>           | <b>TIMEBOUND</b>                 |
| What do I want to accomplish? | How will I know when it is accomplished? | How can the goal be accomplished? | Does this seem worthwhile? | When can I accomplish this goal? |

#DeStressMonday

DeStressMonday.org



“And into the forest I go, to lose my mind and find my soul.” –John Muir