
From: Employee Wellness
Sent: Monday, November 30, 2020 4:13 PM
To: County Staff
Cc: Michelle Moore
Subject: Kindness

Webinar – Coping with the Holidays during this Challenging Time, Yoga – Chair Yoga, Recipe Corner, Your EAP and more.

Employee Wellness

ANYONE CAN BE HAPPY ON A FRIDAY.
IT TAKES GUTS TO BE HAPPY ON A MO



Happy New Week!

Kindness for the health of it.



Kindness is part of our way of life, but did you know that it has shown to improve your physical and mental health. Wow...all the while helping another person. A win-win situations I often dream of. This season, with all that has happened in the world and in our county, take

an extra moment to be kind (not that you don't already do this) – but this time do something different. Do something for someone you wouldn't normally think of, like a thank you note to your mail delivery person, cook a meal for your elderly neighbor, reach out to a long distant relative or friend, let that car out in front of you. Extending kindness can release stress and tension, calm your emotions, and boost your immune system. It can also strengthen your connection with others, fostering a sense of belonging. And remember, kindness doesn't have to cost anything, it can be free for both the giver and the receiver.

Share the ways in which you show kindness [here](#).

Health & Wellness Webinars



****Live Webinar****

Next Wednesday, December 9th @ 12pm

Coping With the Holidays During This Challenging Time

[Click here](#) to register.

****Pre-Recorded Webinars****

(Pre-recorded webinars presented by Sutter Health and accessible to ALL County employees regardless of your healthcare provider)

****Recorded** Diverse Diets for Diverse Cultures**

[Click here](#) for access.

****Recorded** Building Your Cognitive 401K: Dementia Prevention**

[Click here](#) for access.

****Recorded** Men's Health: Living well in challenging times.**

[Click here](#) for access.

****Recorded** Optimizing Health In a Pandemic**

[Click here](#) for access.

****Recorded** Optimizing Your Immune System Against COVID-19**

[Click here](#) for access.

Virtual Yoga Resources

STRETCH AWAY STRESS AND ANXIETY WITH CHAIR YOGA.

Try these three easy exercises.



#MoveItMonday

MoveItMonday.org

**MOVE IT
MONDAY!**

Virtual yoga resources from our local community
and yoga studio

WEDNESDAYS

Don't miss the NEW Virtual Yoga class w/Leslie Goodfriend –
Wednesday's 7-8pm

This is a beginner+ class. Have a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15.
VENMO - @Leslie-Goodfriend

To access this course – please use the following **NEW** link.

<https://us04web.zoom.us/j/74081836918#success>

Meeting ID: 74081836918

ANYTIME

Ongoing Yoga, Relaxation & Meditation Resources:

Santa Cruz Yoga – check out their online class offerings

Luma – offers Virtual Wellness (yoga, breathing, meditation, etc.)

Luma Yoga Online Practice Library – a variety of videos of yoga and breathing exercises

Yoga for All Movement

Farmer's Market



Photo credit: Santa Cruz Sentinel

The Farmer's Markets are still at it - fresh produce, in-season, grown locally, and available to us at multiple locations throughout the county!

Online Farmer's Market at [Eatlocal.farm](https://eatlocal.farm)

Check out the local Farmer's Market too – don't forget to bring a mask.

Downtown Market: 1pm-5pm on Wednesdays

Westside Market: 9am-1pm on Saturdays

Live Oak: 9am-1pm on Sundays

Felton: CLOSED FOR THE SEASON

Scotts Valley: 9am-1pm on Saturdays (New location – Scotts Valley Square (K-Mart Parking lot))

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Recipe Corner



Corn & Chickpea Bowl with Miso-Jalapeño Tahini



Blueberry-Chia Smoothie



Quinoa Tabbouleh

Mental Health Corner

Managing Stress through Breathing

Press the play button and breathe with the shape to ease stress.

#DESTRESSMONDAY



BREATHE WITH THE SHAPE

Other Resources

Mental Health America has compiled a range of resources and information to assist you during this stressful time. Mental health information and resources related to COVID-19, isolation, anxiety, stress, and more can be found here:

<http://mhanational.org/covid19>

US Department of Health & Human Services website offers tips for coping after traumatic events and disasters. Many of our community members are evacuated from their homes and many have suffered the loss of their homes. All of us are experiencing this traumatic event in some way and it is important to take care of ourselves in the coming days and months. To learn more about coping with traumatic events

and disasters from a mental health standpoint visit the US Department of Health & Human Services website [here](#).

Employee Assistance Program (EAP)



Emotional Health

When you need a helping hand, a skilled professional can provide focus, direction and support. MHN can help you identify and resolve issues involving:

- Marriage and relationships
 - Family conflict
- Stress, anxiety and emotional distress
 - Grief and depression
- Alcohol or drug dependency
 - Life changes

Eligible members are entitled to:

- Face to face counseling - up to 5 sessions per incident per calendar year with an MHN network provider
- Telephonic consultations - for maximum convenience and anonymity
- Web-video consultations - convenient and easy, but with a more personal touch than traditional telephonic

For more information... login to MHN Employee Assistance Program:

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)