

In this issue: Tips for reducing stress.

Employee Wellness



**Lunchtime
Seminars**

Santa Cruz

Get Out Of Pain And Back Into Life (FREE Lunch)- FULL

Presented by Dignity Health

Tuesday, April 9th from 12:00pm-12:50pm

@ 1080 Emeline – Large Auditorium

This seminar is **FULL**. Please send an email to this [link](#) if you would like to be added to the waitlist. If space becomes available you will be contacted.

*****NOTE***** Due to the popularity of this seminar we have created a waitlist. As with all Employee Wellness seminars, it is **your responsibility to let us know within 24-48 hours if you cannot attend (48 hours if lunch is provided).**

If you've registered and cannot attend please send an email to EmployeeWellness@santacruzcounty.us to let us know.

New Yoga Pilot Program



Mondays @ Lunchtime

Yoga @ 701

12:10-12:50pm

701 Ocean St. ~ Coastlines Conference Room – 5th Floor

Join Zoë Kosovic, RYT 200 for this lunchtime yoga class. Zoë's approach to teaching yoga reflects the human

need for play, creative experimentation, and connection to the natural world. Through her own body, she has learned

that because every body is unique, every practice looks different. This is an all levels yoga class. Wear comfortable clothes and bring a mat.
\$5 donation accepted.

**DUE TO SPACE LIMITATIONS - YOU MUST SIGN UP TO
ATTEND YOGA @ 701.**
[Click here to sign up.](#)

—

Zumba – Pilot Program

County of Santa Cruz Employee Wellness

ZUMBA

**Lunchtime
Tuesdays**

12:10 -12:50pm

1080 Emeline (Large Auditorium)

April 30—July 30

Pilot Program

\$5 donation



April is Stress Awareness Month



Tips to Reduce Stress

Meditate

It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive

mantra such as “I feel at peace” or “I love myself.”
Place one hand on your belly to sync
the mantra with your breaths. Let any distracting
thoughts float by like clouds.

Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit
up straight, eyes closed,
with a hand on your belly. Slowly inhale through your
nose, feeling the breath
start in your abdomen and work its way to the top of
your head.

Reverse the process as you exhale through your
mouth.

Laugh Out Loud

A good belly laugh doesn't just lighten the load
mentally.

It lowers cortisol, your body's stress hormone, and
boosts brain chemicals called endorphins, which help
your mood.

Get Moving

You don't have to run in order to get a runner's high.
All forms of exercise, including

yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights.

—

Healthy Breakfast Recipes



Avocado-Egg Toast



Peanut Butter and Apple-Cinnamon Topped Toast



Everything Bagel Avocado Toast



Lunchtime Wellness Activities



EMELINE LUNCHTIME YOGA: Join us on **Mondays and Wednesdays** for Lunchtime Yoga from 12:10-12:55pm – **PLEASE NOTE:** Location will be the **1060 Emeline Solarium**. The 1060 building has a large **F** on it. Wear comfortable clothes, bring yoga mat. \$5 donation accepted.



EMELINE LUNCHTIME ZUMBA RETURNING: Zumba is returning to the Emeline Campus – Building 1080, large auditorium. Starting Tuesday, April 30th from 12:10-12:50pm. The pilot program will \$5 donation accepted.



SANTA CRUZ COUNTY TABLE TENNIS CLUB: Meets every 2nd and 4th Friday of each month from 12:00-1:00pm – 1400 Emeline (East Patio). The next meeting is Friday, April 12th. Please RSVP by clicking here. Come one, come all! Be sure to bring a lunch and sun protection. Paddles, balls and a table are provided.

Local Gym & Yoga Studio Discounts

YOGA AND GYM DISCOUNTS FOR
COUNTY OF SANTA CRUZ EMPLOYEES
AT THE FOLLOWING:



Breath+ONENESS
yoga • personal growth • community





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Please [click here](#) for a link to the detailed list of discounts.