
From: Employee Wellness
Sent: Tuesday, September 08, 2020 5:08 PM
To: County Staff
Cc: Michelle Moore
Subject: Boosting Immunity Part 2

In this issue: Apple, Sleep, September Recipes and more.

Employee Wellness



Apples



It's apple time!

Pick up one of these delicious gems at the local farmer's market and reap the benefits.

Scientists give apples credit for helping:

Your lung strength

Your heart

With asthma

Bone health

Weight loss

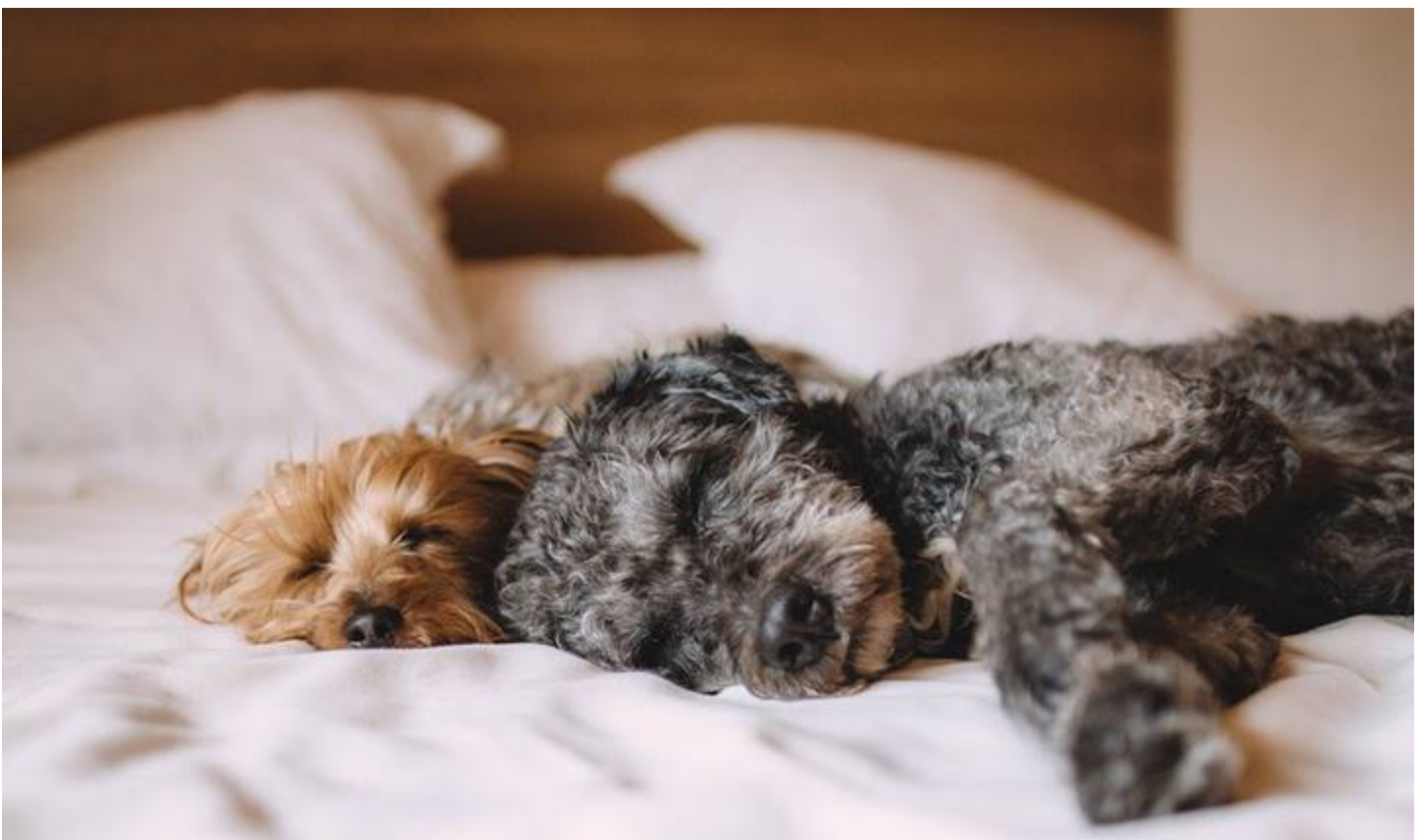
Your brain (easing symptoms of Alzheimer's disease and age-related memory loss)

Your immune system

Your gut health

Learn more [here](#).

Boosting Your Immune System - Sleep



Stick to a sleep schedule

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to achieve this goal.

Pay attention to what you eat and drink

Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Your discomfort might keep you up.

Create a restful environment

Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Exposure to light might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens just before bedtime. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs.

Limit daytime naps

Long daytime naps can interfere with nighttime sleep. If you choose to nap, limit yourself to up to 30 minutes and avoid doing so late in the day.

Include physical activity in your daily routine

Regular physical activity can promote better sleep. Avoid being active too close to bedtime, however.

Spending time outside every day might be helpful, too.

Manage worries

Try to resolve your worries or concerns before bedtime. Jot down what's on your mind and then set it aside for tomorrow.

To learn more... click [here](#).

Virtual Yoga Resources



Virtual yoga resources from our local community
and yoga studios

Yoga with Kristal Caballero – Tuesdays @ 5:30pm in August

Join HSA employee Kristal Caballero on Tuesday in August for stress-relieving, energizing yoga classes designed for these times.

Class Description: Treat yourself in this heart opening, strengthening, and grounding 75-minute yoga class. All levels welcome, this class is designed to relieve stress from the mind and tension from the body.

Bring a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15. All are welcome - no one ever turned away.

Kristal's class schedule and registration links here.

Donations can be made through Venmo or Paypal:

Venmo: @KristalCaballero Last 4 digits of phone: 8941

Paypal: kristal.caballero@gmail.com

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



They're back!

Check out the online Farmer's Market at [Eatlocal.farm](https://eatlocal.farm)

where 100% of product sales go to the farmers. You can also get fresh local fish and skip the grocery store.

Learn more [here](#).

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: 1pm-5:30pm on Tuesdays

Scotts Valley: 9am-1pm on Saturdays

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

September Recipes



Sweet Potato Fritters w/Lemon Tahini Sauce



Roasted Cauliflower and Lentil Tacos with Creamy Chipotle Sauce



Fresh Herbed Avocado Salad

Mental Health Corner



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)



Financial Services

Are you struggling to curtail your debt or develop a monthly budget?
Are you working towards major financial goals - like buying a house,
sending kids to college or ensuring a comfortable retirement?

We're here to help. With telephonic assistance and referrals to qualified financial counselors and educators, MHN can help you gain control of your financial life.

You are eligible for as many telephonic financial consultations as you need per separate financial issue. Issues covered include:

- Credit counseling
- Debt and budgeting assistance
- Financial planning for college
- Retirement planning

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)