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**From:** Employee Wellness  
**Sent:** Monday, November 09, 2020 4:56 PM  
**To:** County Staff  
**Cc:** Michelle Moore  
**Subject:** Your Employee Assistance Program (EAP)

**In this issue: Wellness Webinars, Meditation 101, Healthy Holiday Celebrations, Yummy Recipes and more.**

# Employee Wellness



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# Health & Wellness Webinars



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

## [\*Building Your Cognitive 401K: Dementia Prevention\*](#)

[Click here](#) for access.

## [\*Men's Health: Living well in challenging times.\*](#)

[Click here](#) for access.

## [\*Optimizing Health In a Pandemic\*](#)

[Click here](#) for access.

## [\*Optimizing Your Immune System Against COVID-19\*](#)

[Click here](#) for access.

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# COVID Holiday Celebrations Part Three



We're carrying on the theme from last week in order to give you lots of different ideas on how to celebrate your Holiday safely this year. Feel free to send in your ideas to [EmployeeWellness@santacruzcounty.us](mailto:EmployeeWellness@santacruzcounty.us)

### **Holiday Celebrations Checklist**

- ✓ keep the invitations to a minimum
- ✓ skip hugs, kisses and handshakes
- ✓ have everyone wear masks when they aren't eating
  - ✓ maintain the 6 feet apart rule
  - ✓ eat and mingle outdoors
  - ✓ have everyone wash hands often
- ✓ put paper towels near your sinks, so people don't dry their hands on a shared towel
  - ✓ stagger seating to maintain 6 feet apart during dinner
- ✓ appoint one person to place food on everyone's plate, so people don't touch shared utensils
- ✓ consider using disposable plates, flatware, napkins and tablecloths
- ✓ consider an alcohol-free event, since drinking lowers inhibitions

[Click here](#) for more ideas from the CDC.

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# **Virtual Yoga Resources**





## **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](#)

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# Farmer's Market



**We're lucky to have fresh produce, in-season, grown locally, 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

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# Yummy Recipes



Cauliflower Steak & Puree w/Walnut-Caper Salsa



Black & Wild Rice Salad w/Roasted Squash



[Vegan Pumpkin Bread](#)

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# Mental Health Corner



It is said, that with meditation, we can improve focus, reduce stress and increase creativity and patience (and it is free).

## How to Meditate

Meditation is simpler (and harder) than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot:

**Take a seat** - Find a place to sit that feels calm and quiet to you.

**Set a time limit** - If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

**Notice your body** - You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.



**Feel your breath** - Follow the sensation of your breath as it goes in and as it goes out.

**Notice when your mind has wandered** - Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.

**Be kind to your wandering mind** - Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

**Close with kindness** - When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions. That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible.

Check out this [link](#) for more information and guided meditations.

**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](#).

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# Your Employee Assistance Program (EAP)



## OVERVIEW OF SERVICES

Personal and work-related matters can preoccupy our thoughts, destroy our ability to concentrate on the simplest of tasks, or prevent us from functioning the way we want to in everyday situations. Your EAP & Work-Life member services offer ways to help overcome such issues, and will help you identify problems, develop a plan, and gain referrals to appropriate resources. The results of effective problem management are easy to recognize: better focus, better work productivity, and a clearer path to achieving your personal and professional goals.

Your EAP & Work-Life member services provide a wealth of resources that can help you lead a healthy, happy, and well-balanced life – including clinical emotional health, wellness, and work and life benefits for you and your covered dependents. And:

- Your EAP & Work-Life is easy to use and paid for by your employer.
- There are no co-payments, coinsurance or deductibles; you will not have to pay MHN counselors for any services covered by your EAP & Work-Life.
- All services are confidential. MHN will only release information as required or permitted by law.

MHN recognizes the specific needs of its members, and is committed to treating members in a manner that respects their rights.

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

**[members.mhn.com](https://members.mhn.com)**

**Select MHN EAP Employee Assistance Program Resources**

Company code: **santacruz**