
From: Employee Wellness
Sent: Monday, December 07, 2020 4:29 PM
To: County Staff
Cc: Michelle Moore
Subject: National Handwashing Awareness Week

In this issue: Strategies for a Healthy Winter, Sleep on it!, Stay Busy...Stay Active, Recipe Corner, EAP Benefits - Identity Theft and more.

Employee Wellness



Sleep on it!

FALLING ASLEEP DOESN'T HAVE TO BE A NIGHTMARE

Use a before-bed sleep ritual to wake up
energized and refreshed.



Relax your body.

#DeStressMonday



Get comfortable
in your space.

DeStressMonday.org



Settle your mind.

**DESTRESS
MONDAY**

Improving your sleep hygiene, which includes your bedroom setting and sleep-related habits, is an established way to get better rest.

Examples of sleep hygiene improvements include:

- Sticking to the same sleep schedule every day, even on weekends
 - Practicing a relaxing pre-bed routine to make it easier to fall asleep quickly
 - Choosing a mattress that is supportive and comfortable and outfitting it with quality pillows and bedding

- Minimizing potential disruptions from light and sound while optimizing your bedroom temperature and aroma
- Disconnecting from electronic devices like mobile phones and laptops for a half-hour or more before bed
- Carefully monitoring your intake of caffeine and alcohol and trying to avoid consuming them in the hours before bed

Learn more [here](#).

Health & Wellness Webinars



****Live Webinar****

This 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



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



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

Stay Busy, Stay Active



Many of us are so used to being on-the-go, but COVID has changed that. We're spending more time at home – just look at the streets. And

if you're like me, you need to feel like you're being productive with your time. So, if you find that you have spare time and are wondering what to do with it, here are some suggestions:

- Learn a new language online
- Buy an online cookbook and try some new, healthy, immune-boosting recipes
- Use YouTube to learn anything: camera tips, hair tips, makeup tips, etc.
 - Take some online yoga classes
 - Learn to meditate

[Click here](#) to learn more.

Recipe Corner



Cranberry Balsamic Roasted Chicken



Vegan Lemon Garlic Herb Roasted Potatoes



Quinoa Stuffed Squash

National Handwashing Awareness Week

December 6th -12th



Handwashing Tips:

- Always wash your hands after using the bathroom, changing diapers, cleaning up after your pets, handling money or when you have been away from home
 - Wash your hands when they're dirty
 - Always wash your hands before eating
 - Don't cough or sneeze into your hands
- Refrain from putting your fingers in your eyes, nose or mouth
 - Avoid touching people and surfaces with unclean hands

The right way to wash your hands:

- Wet hands with warm water (not hot) and use soap
 - Rub your hands together, making sure to scrub all areas
 - Rub for a minimum of 20 seconds
 - Rinse thoroughly until the hand soap is gone then dry hands on a clean towel
 - Turn faucet off with the towel, not your hands, to avoid recontamination
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Strategies for a Healthy Winter



Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories.

Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Get Enough Sleep

7 hours of sleep at night. Kids ages 6-12 need 9-12 hours of sleep a night. Teenagers 13-18 need 8-10 hours of sleep a night.

Eat a Healthy Diet

Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Quit Smoking

You can do it! Call 1-800-QUIT-NOW for free support.

[Click here](#) to learn more from the CDC

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)



Identity Theft Recovery Services

Identity theft is one of the nation's fastest growing crimes, and it can be both financially and emotionally devastating. Call MHN today for information on how to protect yourself!

If you have been victimized, we can help. Call right away to receive a 30-minute consultation with a certified consumer credit counselor who can assess your situation, create an action plan and provide the knowledge and tools to implement that plan effectively. If there is a potential of ID theft, we will warm transfer you to an identity recovery specialist who can advise you on how to place fraud alerts, freeze credit, file police reports, and conduct other activities necessary to resolve fraud.

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: **santacruz**