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**From:** Employee Wellness  
**Sent:** Monday, December 14, 2020 5:32 PM  
**To:** County Staff  
**Cc:** Michelle Moore  
**Subject:** New Webinar: How Social Media Affects Your Mental Health

**In this issue: Cheerful Christmas Lights, Recipe Corner, Self-Care Corner and more.**

# Employee Wellness



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# Christmas Lights



Looking for a great way to get into the holiday spirit and boost your mood?

Things might be a little different this holiday season, but Christmas lights are a long standing staple and some locals have really boosted their lights display this year. There's a good chance you'll stumble on some impressive light displays in your very own neighborhood or you can check out the links below (my first-hand experience at the Bean Creek location says it's definitely worth the drive (and you can donate canned food item to their Second Harvest food bin – a win win).

[Bean Creek – Scotts Valley](#)

[Scotts Valley Map](#)

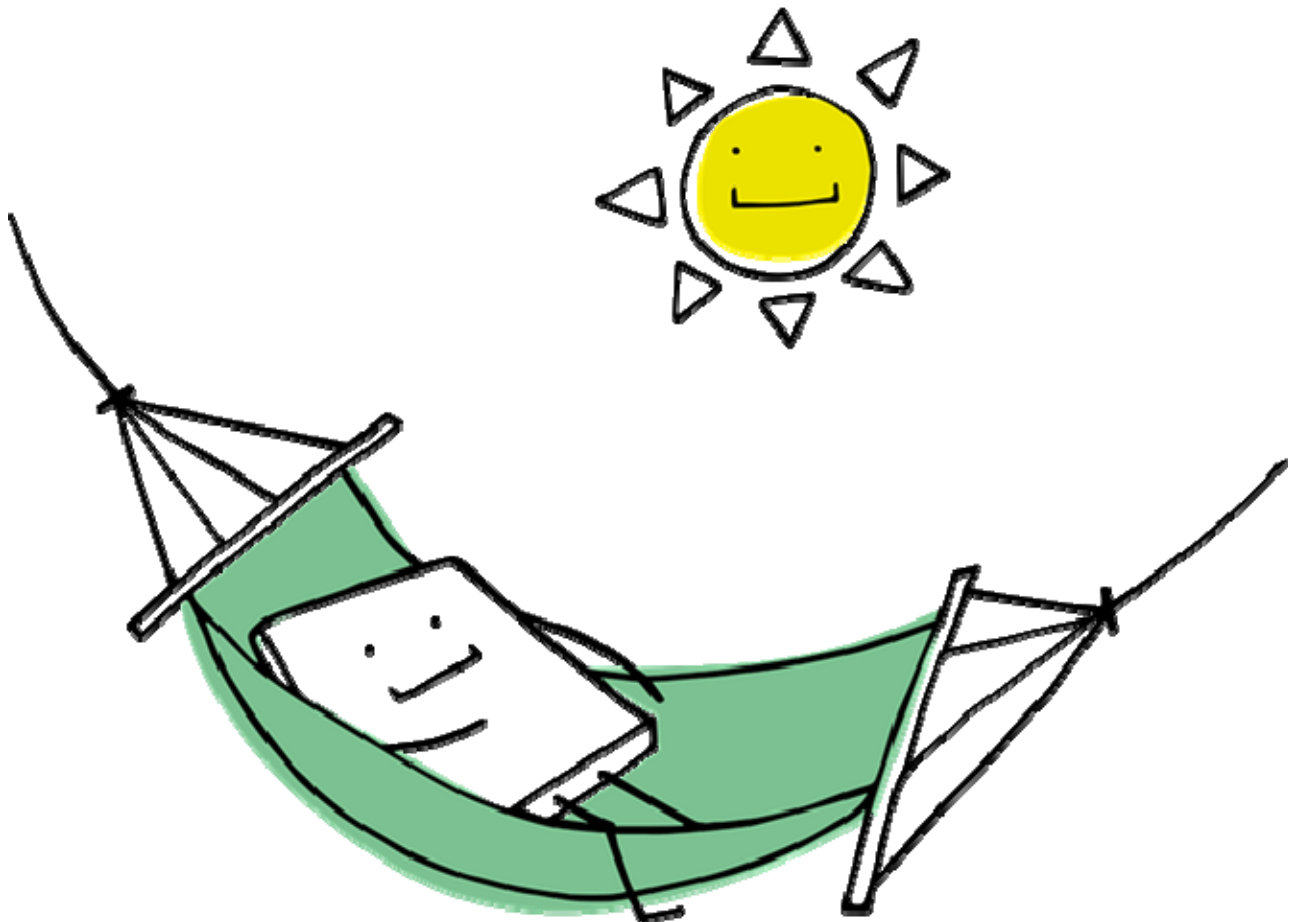
The Santa Cruz County Fairgrounds Foundation is putting on a Holiday Lights display at the County Fairgrounds (click the link below for more information – this event cost \$\$).

[Fairgrounds - Watsonville](#)

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# Self-Care Corner



**Breath Work**

**Harvard Medical** - Relaxation techniques: Breath control helps quell errant stress response

**Greatist** - 6 Breathing Exercises That Can Help You Relax in 10 Minutes or Less

## **Sound Bath**

Enjoy a relaxing sound bath experience with waves, marine animal sounds (Monterey Bay), and calming instrumentals. **Click here** to access this sound bath.

## **Meditation**

UCLA – **Mindfulness Awareness Research Center (MARC)** has free guided meditations. Click on “meditation” above to learn more.

**Meditation and Mindfulness** – sponsored by the Smithsonian.

## **Body Scan**

**Mindfulness.org** has many resources for meditation – check out their **website** to learn more about the body scan helps us relax from head to toe. Click on “body scan” above to learn more.

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# **Health & Wellness Webinars**



**\*\*NEW Pre-Recorded Webinars added\*\***

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

**\*\*NEW Recorded\*\* Anti-Aging: What you can do to preserve your youth.**

**[Click here](#)** for access.

**\*\*NEW Recorded\*\* How Social Media affects your Mental Health**

**[Click here](#)** for access.

**\*\*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.**

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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 still have the Farmer's Markets. Fresh, in-season produce, 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

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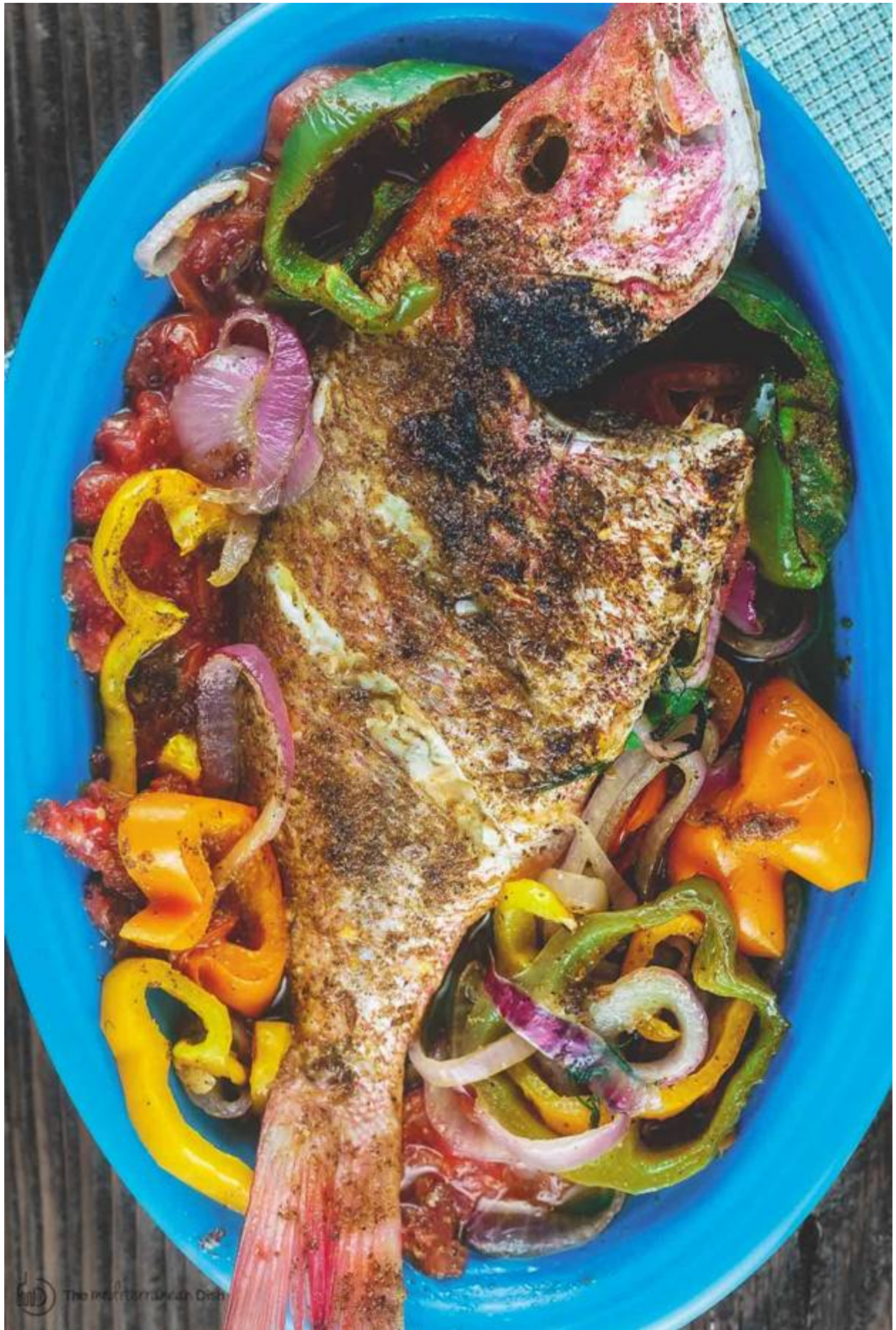
# Recipe Corner



**Roasted Acorn Squash with Chili Vinaigrette**



## Lentil Loaf with Mushrooms & Sage



# **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](#).

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# Employee Assistance Program (EAP)



**PERSONALIZED WELLNESS COACHING**

Our wellness coaching services offer extra support when you're ready to change your life – helping you make a plan, and then offering the support, resources and accountability you need to succeed.

Our certified coaches can help you with all sorts of health issues, including:

**Weight management ~ Smoking cessation ~ Fitness and exercise ~ Stress management ~ Overall lifestyle improvement ~ Lifestyle support for chronic conditions such as asthma, diabetes, and cardiovascular disease**

## **How to enroll**

Please contact MHN at 800-242-6220 TTY/TDD callers: 1-800-526-7014, Monday through Friday, 7:00 a.m. to 7:00 p.m. Pacific time; all other times, call 1-800-327-0801. We'll help you schedule an initial goal-setting consultation with your coach. This phone call usually lasts about 45-60 minutes. Because this is a highly personalized program, you and your coach will decide what kind of help you need to reach your goals. You can:

- Schedule follow-up calls with your coach (participants average about four 15-30 minute consultations).
- Reach out as needed via phone, email or IM (coaches are available Monday through Friday, 7:00 a.m. to 8:00 p.m. Eastern time).
- Access multimedia programs, health assessments, menu planners, fitness trackers, and more through a secure, personalized web portal.
- Receive personalized emails and coach-chosen materials.

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**