From: Employee Wellness

Sent: Tuesday, January 19, 2021 5:05 PM

To: County Staff
Cc: Michelle Moore

Subject: Live Webinar Added - February 25th ~12-1pm

In this issue: Wellness 2021, Recipes, Identity Theft Services - EAP and more.

Employee Wellness

DO THE MONDAY REFRESH!



Focus on your breathing to settle your mind.



BE MINDFUL

Let go of thoughts about the past and worries about the future. Be in the moment.



SHIFT TO THE POSITIVE

Detach from any harmful feelings and redirect your thinking to be positive.



SPREAD THE HAPPINESS

Share your positive energy and outlook with others and wish them well.

Photo Credit: mondaycampaign.org

Wellness 2021



Eat Breakfast Every Day

We're all rushing out of the door in the mornings, but you have to take the time to fuel your body in order to do your best work each day. Unplug Yourself

Putting away your phone or laptop isn't just good for your mental health, it's good for your physical health as well.

Increase Your Physical Strength

You will have to make this goal more specific depending on your current strength level, but most of us could use some more lean muscle on our bodies. When you have strong muscles, you reduce your risk of injury and make it easier to maintain a healthy body weight.

Take the Time For Self-Care

Make sure to put yourself first by practicing self-care. Doing so allows you to take intentional time away from stress so you can be more resilient when you're facing challenges.

Reduce Your Risk of Disease

Make sure to attend all preventative care appointments that apply to you.

Learn more here.

Health & Wellness Webinars



Kaiser Permanente

Pre-RecordedDefeating Sleepless Nights

Click here for access.

Sutter Health

Thursday, February 25th 12-1pm

Live Webinar – Heart Disease: Differences Between

Men and Women

Click here for access.

Pre-RecordedOptimizing Health In a Pandemic

Click here for access.

Pre-RecordedOptimizing Your Immune System
Against COVID-19

Click here for access.

Virtual Yoga Resources



Virtual yoga resources from our local community and yoga studio

WEDNESDAYS

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 link.

https://uso2web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eG hkbU84bXRoQTo9

Meeting ID: 878 9103 1412 **Passcode:** 502478

ANYTIME

Ongoing Yoga, Relaxation & Meditation Resources:

Santa Cruz Yoga – check out their online class offerings

<u>Luma</u> – offers Virtual Wellness (yoga, breathing, meditation, etc.)

<u>Luma Yoga Online Practice Library</u> – a variety of videos of yoga and breathing exercises

Yoga for All Movement

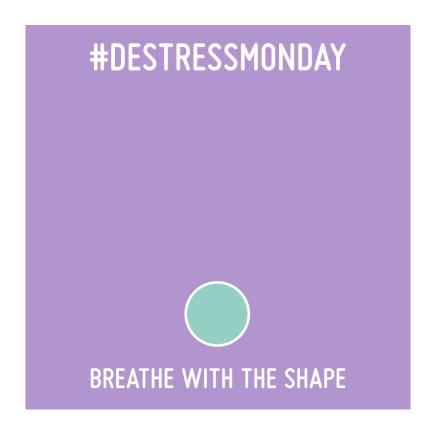
Self-Care



Breath Work

<u>Harvard Medical</u> - Relaxation techniques: Breath control helps quell errant stress response

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



Farmer's Market



Photo Credit: City on a Hill
Press

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 (temporarily closed)

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: CLOSED FOR THE SEASON

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Recipe Corner



Vegan Mozzarella Cheese

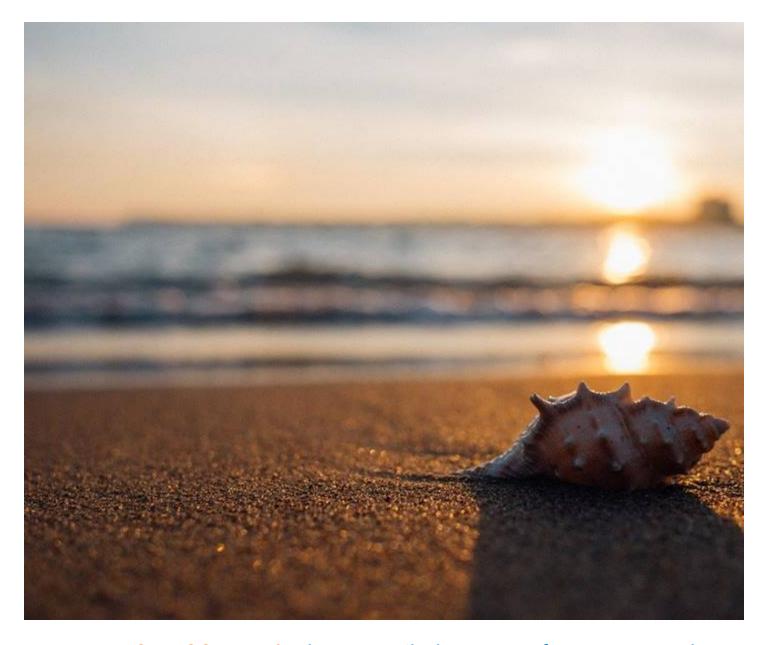


Tuscan Chicken Tray Bake



Chickpea Ratatouille

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