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**From:** Employee Wellness  
**Sent:** Monday, February 07, 2022 5:07 PM  
**To:** County Staff  
**Subject:** Sleep! It is important!

**In this issue: February – Heart Health Month, Move it Mondays! Find Ways to Walk Around the Clock, Easy February Recipes and more.**

# Employee Wellness



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# Destress Mondays

# WARRIOR POSES: STRENGTH A

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## Mountain Pose

Stand with your arms relaxed at your side. Breathe deeply.

2



3



## Warrior II

Lengthen your stance and open your hips. Looking ahead, turn your left foot out 90°. Stretch out both arms, palms down, until level with your shoulders. Swivel your right arm forward and your left arm back. Focus on the tips of your fingers. Ensure right knee is still bent over right ankle, letting your hips sink toward the floor. Hold position and breathe deeply for five seconds.

4



#DeStressMonday

DeStressMonday.org

[Click here](#) to learn more.

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# Move It Mondays!

## Walk Around the Clock

You can sleep in or shape up.



#MoveItMonday

MoveItMonday.org

**MOVE IT  
MONDAY!**

[Click here](#) to learn more.

# Flu Shots



It's that time of the year again... Flu Season. Get yours today! Click on the links below for more information:

[\*\*Kaiser Permanente\*\*](#)

[\*\*Dignity Health\*\*](#)

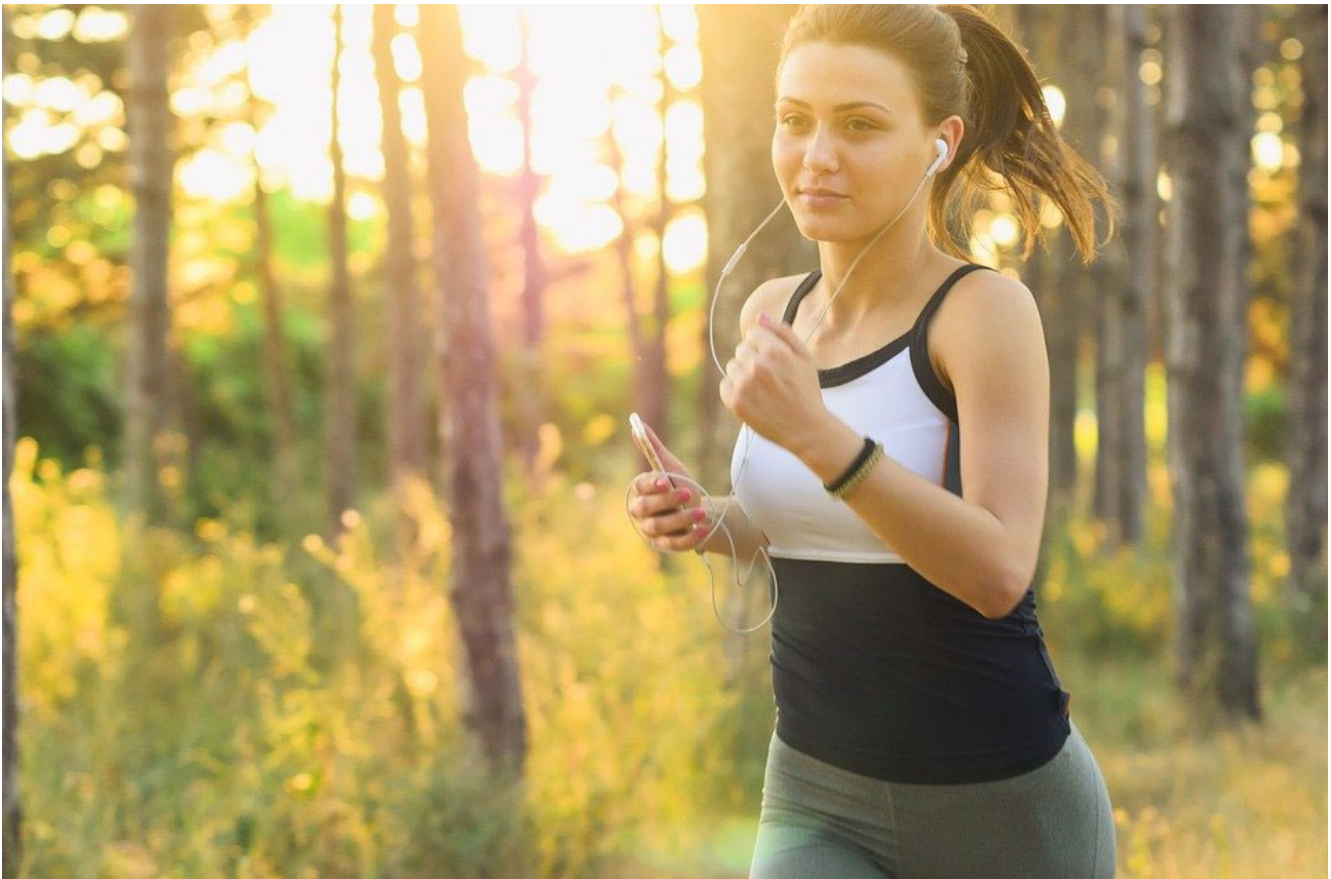
[\*\*Sutter Health\*\*](#)

[\*\*CVS\*\*](#)

[\*\*Rite Aid\*\*](#)

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# Health & Wellness Webinars



Please note: You do not have to be a member of Kaiser to attend a Kaiser webinar, or a Sutter member to attend Sutter webinars...etc. If registration requires an email address, please use your county email address.



*For Access to other Pre-Recorded webinars, please click on the link below.*

[Click here](#) for access.

Blue Cross/Blue Shield

[Click here](#) for access - Eat a Rainbow of Colors (pre-recorded)

[Click here](#) for access - Eating to Boost Immunity

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# 2022 Yoga & Gym Discounts

The following gyms and yoga studios offer discounts to County of Santa Cruz employees:



# The following gyms and yoga studios are planning a 2022 discount:

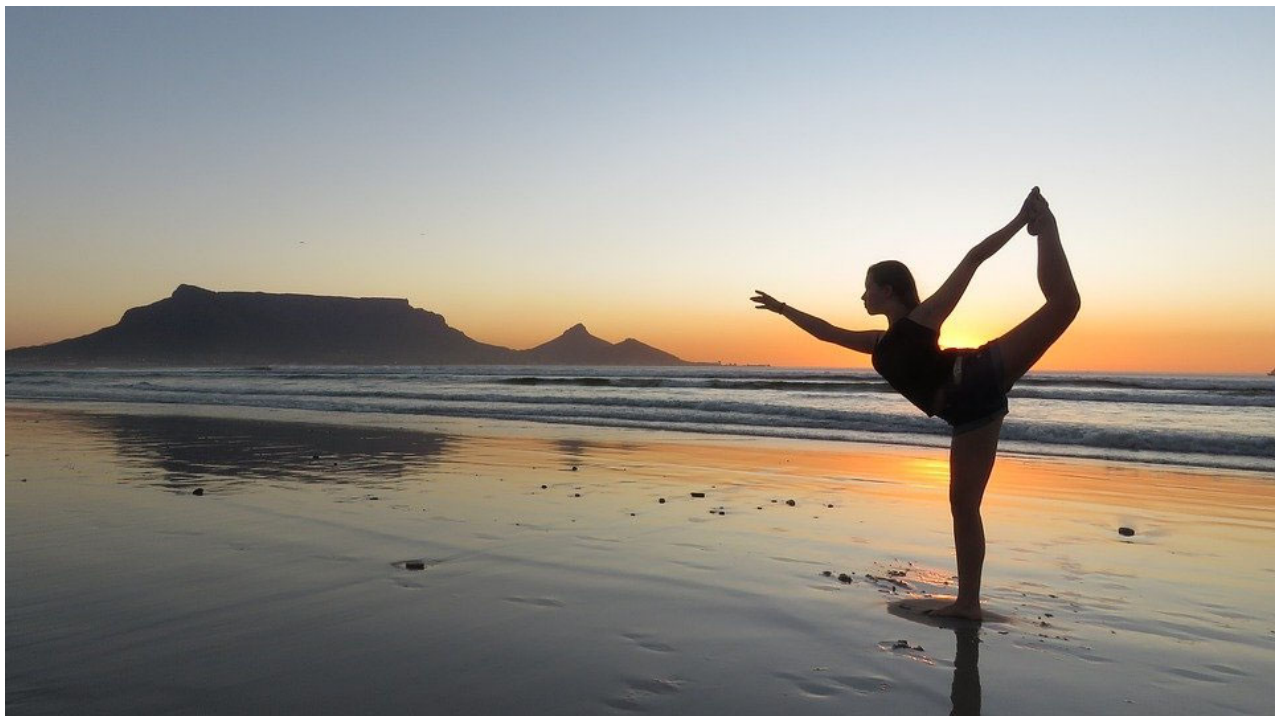


Please [click here](#) for a link to the detailed list of discounts.

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## Yoga Resources





# Virtual yoga resources from our local community and yoga studio

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## Virtual Yoga class w/Leslie Goodfriend – Wednesdays 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://us02web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eGhkbU84bXRoQT09>

**Meeting ID:** 878 9103 1412

**Passcode:** 502478

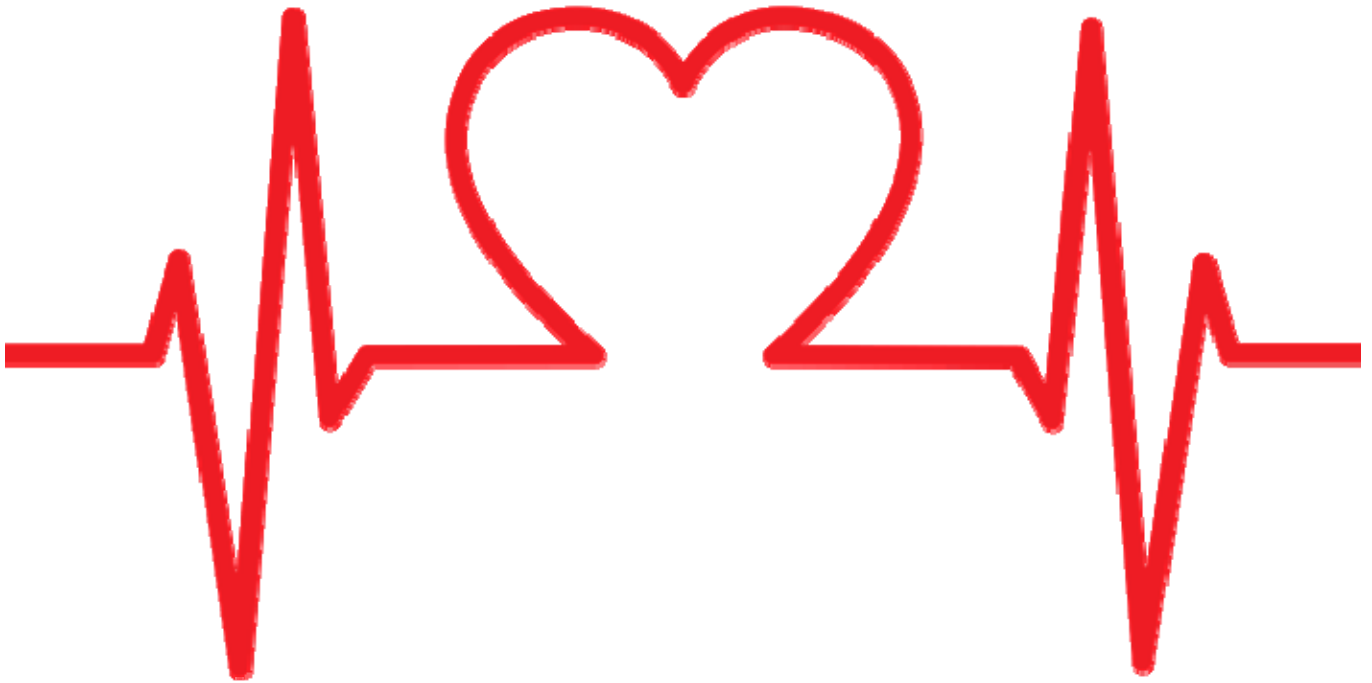
# 9 KD18 + "

## *Ongoing Yoga, Relaxation & Meditation Resources:*

[Santa Cruz Yoga](#) – check out their online class offerings

[Yoga for All Movement](#)

# Heart Health 2021



## **Stop smoking**

Quitting smoking is the best thing that can be done for the heart and for overall health. Smoking is the most preventable cause of premature death in the United States.

## **Know your numbers**

Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart.

While there are standard guidelines for blood pressure and cholesterol, ideal weight goals are individual to each person.

## **Screen for diabetes**

Untreated diabetes can lead to heart disease, among many other complications. Diabetes can be easily detected through a simple

blood test and managed a variety of ways under the care of a physician.

### **Get active**

Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30-minute moderate exercise sessions each week.

### **Build some muscle**

Strength training compliments cardiovascular exercise by toning muscles and burning fat.

### **Sleep more**

Sleeping restores the body, helps decrease stress and increases overall happiness.

### **Smile**

A happy heart is a healthy heart.

[Click here](#) for more information.

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# **COVID Vaccine/Booster Info**



## Covid-19 Vaccine

Do you need to get yours? There are many ways to get a vaccination, without waiting. [Click here](#) to view options.

### Vaccine Information from the CDC

[Pfizer](#)

[Moderna](#)

[Johnson & Johnson's Janssen](#)

## Covid-19 Boosters

If you are 18 and older and have previously been vaccinated against COVID-19 (at least 5 months after your 2<sup>nd</sup> dose\*\*) you are eligible for a booster shot in California.

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

\*\*at least 2 months ago if you were vaccinated with the J&J vaccine.

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## COVID Testing Info (Not for work compliance)



# Order Your Covid Test

Starting January 19<sup>th</sup>, you can order a set of free FDA approved rapid antigen tests by following this link:

<https://www.covidtests.gov/>

**More COVID-19 Testing Information**





# GET TESTED

Many testing sites listed have restricted access. Please call ahead to determine testing eligibility.

Some CVS Pharmacies are conducting COVID-19 testing. Click here to find out more:

<https://www.cvs.com/minuteclinic/covid-19-testing>

Walgreens, 1718 Soquel Ave. Santa Cruz:

<https://www.walgreens.com/findcare/covid19/testing>

Additional California testing locations can be found here:

<https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html#ca>

## Doctors on Duty – Santa Cruz

[615 Ocean St.](#)

Santa Cruz, CA 95060

Mon-Fri, 10am-4:30pm,

Sat-Sun: 9am-3pm

Phone: 831-425-7991

## Doctors on Duty – Watsonville

[1505 Main St.](#)

Watsonville, CA 95076

Mon-Fri, 10am-4:30pm,

Sat-Sun: 9am-3pm

Phone: 831-722-1444

## Doctors on Duty – Aptos

[6800 Soquel Dr.](#)

Aptos, CA 95003

Mon-Fri, 9am-3pm,

Appointment only – through Doctors on Duty website

Phone: 831-662-3611

## Kaiser Permanente – Watsonville

[1931 Main Street](#)

Watsonville, CA 95076

Monday: 1:30pm-4:45pm

Friday: 9:00am - 12:15 pm, 1:45pm-4:30pm

831-768-6600

For members, by appointment only

## Sutter Health/PAMF - Santa Cruz Urgent Care

[2025 Soquel Avenue](#)

Santa Cruz, CA 95065

Mon-Wed, Fri 8am-2pm, closed for lunch 12-12:30pm

Sat 8:00am- 12:00pm

831-458-5537

Appointments through myhealtonline only. Sutter patients only, PCR tests only

## Sutter Health/PAMF - Watsonville Urgent Care

[550 S. Green Valley Road](#)

Watsonville, CA 95076

Mon-Sun 8am-5pm

831-458-5865

Appointments through myhealtonline only. Sutter patients only, PCR tests only

## County Health Center-Santa Cruz

[1080 Emeline Avenue](#)

Santa Cruz, CA 95060

Monday-Friday 8am-4:30pm

831-454-4100

## Santa Cruz Community Health Centers

[21507 E Cliff Drive](#)

Santa Cruz, CA 95062

Mon-Thurs 8am – 8 pm,

Fri 8am – 4 pm

831-427-3500

## Cabrillo College Student Health Center

[6500 Soquel Drive.](#)

Aptos CA 95003

Mon-Thurs 9am-3pm

831-479-6435

[healthservices@cabrillo.edu](mailto:healthservices@cabrillo.edu)

# Farmer's Market



**Our Farmer's Markets provide a resource for fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!**

The online Farmer's Market, EATLOCAL is back... check out their website [here](#).

Check out the local Farmer's Market – and 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:](#) 1-6pm Tuesdays

[Scotts Valley:](#) 9am-1pm Saturdays

[Aptos:](#) 8am-12pm on Saturdays

[Watsonville:](#) 3pm-7pm on Fridays

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## Easy Recipes





[Root Vegetable Lentil Bowl with Herb Pistou](#)





Sauteed Cabbage







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# Self-Care Corner



## Sleep... an important part of self-care

Try the following tips and check out the Sound Bath.

- **A good morning routine.** Try to wake up at a similar time to strengthen the body clock and where possible, expose yourself to natural light in the morning to suppress melatonin and boost alertness.

- **Avoiding caffeine 8 hours before bed.** Although we react differently to caffeine, it's advisable to cut the caffeine by mid-afternoon so that it doesn't interfere with getting off to sleep.
- **A bedroom environment that helps you sleep.** You will sleep a lot better if your bedroom is cool, quiet, dark, clutter free and has a super comfy bed to get into!
- **Switch your phone off and keep it out of the bedroom.** While all electronic screens are best avoided an hour before bed, our phones are the main culprits because we are more tempted to check them one more time before bed, whether that's for social media or work emails.

- **Sleep Sound Bath -**

<https://www.youtube.com/watch?v=o2cRs1koHQ4>

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# Mental Health Corner



## “MAPS” – **M**astery, **A**ltruism, **P**leasure, **S**ilence

On a daily basis, schedule in at least one activity for each of the four MAPS.

**Mastery** - is anything that allows you to feel a sense of accomplishment in completing a task. The activity may be small or large, such as making a sandwich, cleaning something, sweeping the front porch or completing a task for work/school. Acknowledging the completion of the task can help bring a sense of purpose and accomplishment.

**Altruism** - is doing something good for another person. This may also be small or large, such as giving a call to a loved one that is feeling isolated

or picking up an extra package of toilet paper for a neighbor (you can always leave it at the door and not make physical contact).

**Pleasure** - pleasure activities are essential. When depressed, you may anticipate that these activities will not be enjoyable, but doing things that used to be enjoyable is still important as “faking it” can eventually lead to actually enjoying it.

**Silence** - a period of silence on a daily basis is important to allow your brain to settle and be mindful in the moment. For many people, while at home

you might have the television, radio or music on all day, but this constant background noise decreases your ability to experience the anti-anxiety effects of being silent and mindful in the moment. Constant noise and stimulation, increases adrenaline levels as your “fight or flight” response is activated. Daily periods of silence may allow your brain and body to decrease your adrenaline levels, activating your parasympathetic nervous system allowing you to “rest and digest.”

Click [here](#) to learn more about Mental Health Hygiene.

## More links for Mental Health

**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)



**Legal Services**

Every year one out of three people in the U.S. is confronted with a legal problem. Many of these problems can be resolved with advice from a licensed attorney before they escalate, saving you time and money and minimizing the stress and anxiety caused by unresolved legal problems.

**You are eligible for an initial free telephonic or face-to-face legal consultation per separate legal matter**, with a network attorney. If you want to retain an attorney after the initial consultation, you get a reduced normal hourly rate or flat rate based on the legal matter.

Our attorneys deal with almost all types of legal matters, including divorce and child custody, contractual and consumer disputes, real estate and landlord-tenant issues, and car accidents and insurance disputes.

(Matters involving disputes or actions between members and their employer, or MHN, are excluded from this plan. Also excluded are matters that, in the attorney's opinion, lack merit. Court costs, filing fees and fines are the responsibility of the member.)

**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](#)**