
From: Employee Wellness
Sent: Monday, February 08, 2021 5:07 PM
To: County Staff
Cc: Michelle Moore
Subject: Virtual Parks & Recreation

**In this issue: Sleep Health, Early Spring Recipes, “MAPS” –
Mastery, Altruism, Pleasure, Silence and more.**

Employee Wellness



Mental Health Hygiene



“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.

Virtual Parks & Recreation



Santa Cruz County Parks has partnered with the Tannery World Dance and Cultural Center (TWDCC) to create a collection of videos to feature in the County Parks' Virtual Recreation Center.

The Parks department is thrilled to offer free virtual movement and art classes for all levels! Developed with the expertise and passion of the team at the Tannery World Dance & Cultural Center, you'll find classes ranging from Pilates, Hip Hop, Contemporary and Modern dance, Capoeira, Soca/Zumba, Yoga, (and more) that are available for you to enjoy at home!

Other classes include Monarch butterfly drawing, sewing crafts, nutrition, and sound healing!

[Click here](#) to learn more.

Health & Wellness Webinars



Kaiser Permanente

****Pre-Recorded** Defeating 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-Recorded** Optimizing Health In a Pandemic**

[Click here](#) for access.

****Pre-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

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://us02web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eGhkbU84bXRoQTog>

Meeting ID: 878 9103 1412

Passcode: 502478

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



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) (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



[Cassoulet Vert](#)



[Tarragon Chicken with Asparagus, Lemon and Leeks](#)



[Rhubarb Muffin](#)

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>

Mental Health Corner



Employee Assistance Program (EAP) When you need a helping hand, a skilled professional can provide focus, direction and support. MHN can help you identify and resolve issues involving: marriage and relationships, family conflict, stress, anxiety and emotional distress, grief and depression, alcohol or drug dependency and life changes.

To learn more, click the [link](#) here and use Company Code:
santacruz

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)



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

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)