
From: Employee Wellness
Sent: Monday, December 27, 2021 5:05 PM
To: County Staff
Subject: Meditation 101

In this issue: Local Insight: Seymour Marine Discovery Center, Self-Care 2022, Fish Recipes and more.

Employee Wellness



Local Insight



Seymour Marine Discovery Center

Head out to the Westside and visit the **Seymour Marine Discovery Center** operated by **UCSC**. Learn about marine conservation, expand your knowledge of marine wildlife or develop your understanding of the oceanic ecosystem – this center is local gem.

For more information please [click here](#).

Destress Mondays

5 TECHNIQUES FOR STRESS MANAGEMENT



DEEP BREATHING



MINDFULNESS



MOVEMENT



POSITIVITY



SELF-CARE

#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

[Click here](#) to learn more.

2022 Self-Care



Breathe like a yogi

Take a deep breath; Press the right side of the nose with your thumb to block the right nostril. exhale; inhale through the left

nostril; Block the left nostril and release the right. exhale;
Aspire. Change of sides; repeat.

Open your blinds

Let the sun in first and leave your shadows open in the office to synchronize your daily rhythm. Sleep doesn't just relieve a bad mood – less than six hours a night can put you at risk for heart disease and stroke, especially if you have a risk factor like diabetes or high blood pressure.

Plant something

One study found that adults who garden were more likely to eat vegetables than those who did not. Additionally, other research shows that people who have their hands on the ground are generally happier and healthier.

Take a long, luxurious bath

Pop on a relaxing playlist and wait for your skin to get pruny.

Take a nap

Take out time and rest for twenty minutes or two hours.
Choose your own adventure.

Write a list of ten things you love about yourself

Self-love is self-care. Give yourself a compliment.

Doodle

Even if you don't have an adult coloring book on hand, grab a pen and paper and let your creative juices flow.

Create a gratitude list

Writing down the things you're thankful for will make you appreciate them even more.

[Click here](#) to learn more.

Move It Mondays!

Bike your way to better health.

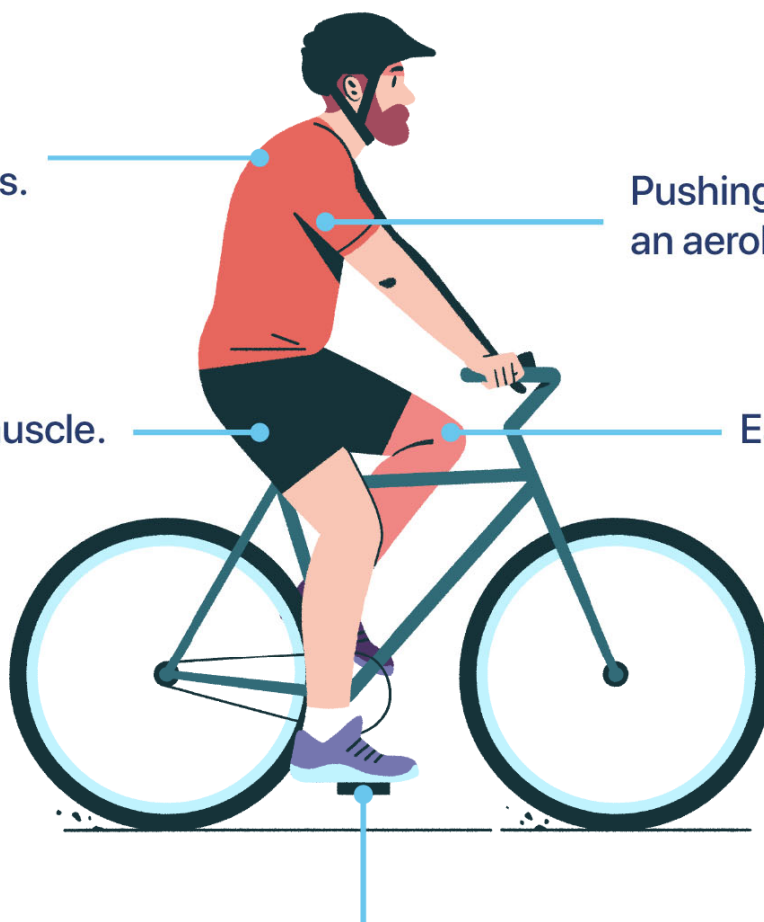
A daily ride can help build strength, endurance,
and bone density.

It helps with
everyday activities.

Pushing pedals provides
an aerobic workout.

Cycling builds muscle.

Easy on the joints.



Pedaling builds bone.

#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

Safeway

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.

Kaiser Permanente

Wednesday, January 12th – 12-1pm

**** Live * Be Your Own Personal Trainer: Design Your Own Workout***

[Click here](#) for access.

Wednesday, January 26th – 12-1pm

*** *Live** Be Your Own Personal Trainer: Let's Move**

[Click here](#) for access.

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

[Click here](#) for access.

Sutter Health

*** Pre-Recorded* * Breast Cancer in the Era of COVID**

[Click here](#) for access.

*** Pre-Recorded* *How Cholesterol Impacts Your Stroke and Heart Attack Risks**

[Click here](#) for access.

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

Fitness



Are you ready to get fit? Check out these 6 videos from Kaiser Permanente's [Media Gallery](#). Be sure to also check in with your primary physician before starting an exercise regime.

[Fitness: Increasing Your Core Stability](#)

[Fitness: Moving More](#)

[Fitness: What will Move You?](#)

[Getting Started with Flexibility and Stretching](#)

[How to Check Your Heart Rate](#)

[Older Adults: Making Physical Activity a Routine](#)

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

"

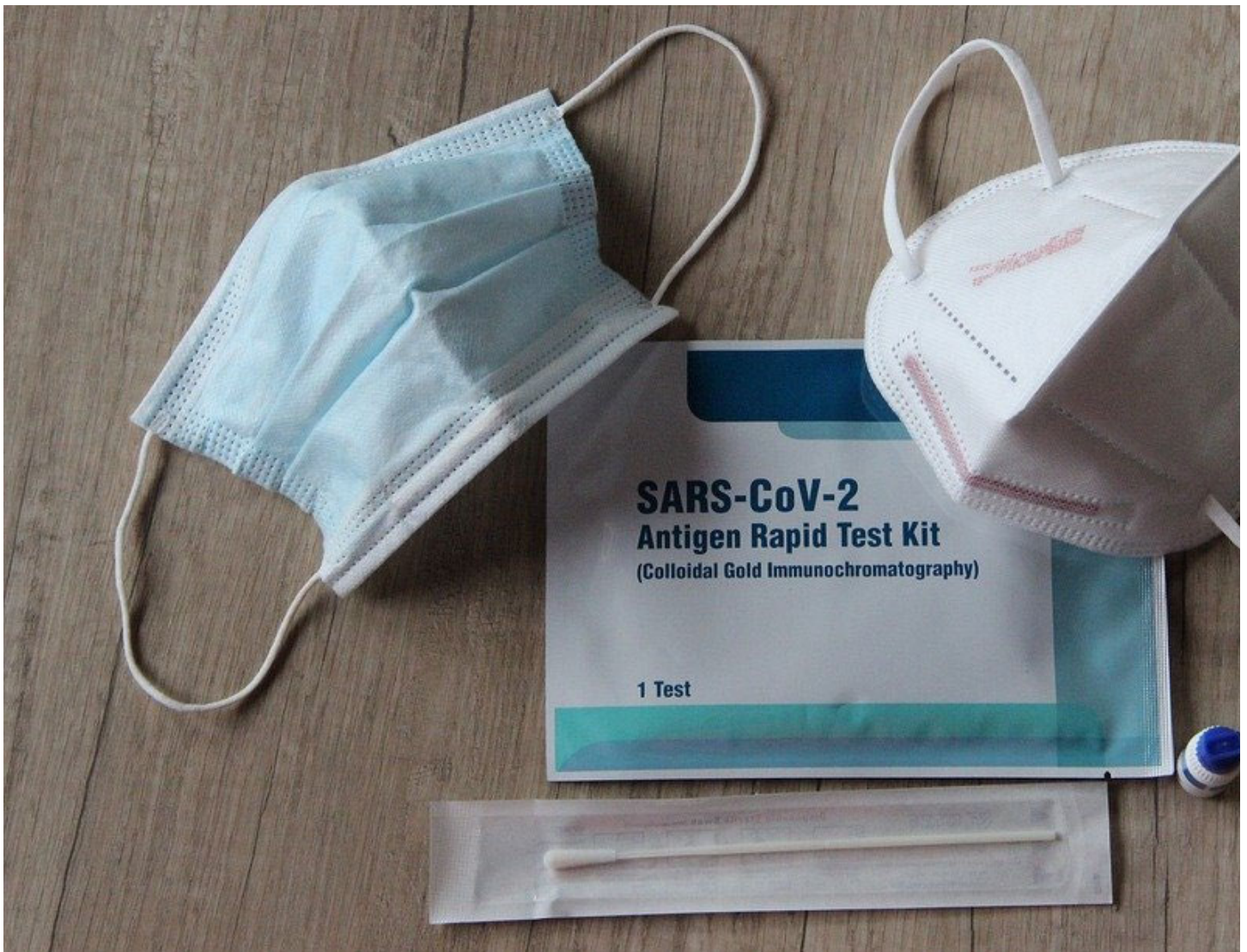
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Ongoing Yoga, Relaxation & Meditation Resources:

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

[Yoga for All Movement](#)

Covid-19 Testing Sites for Employees (unvaccinated)



Day, Time & Location

Monday 9:00am-12:00pm

Government Center 701 Ocean Street, Santa Cruz, 5th Floor Coastlines Conference Room

Tuesday 1:00pm-3:00pm

Sheriff Headquarters, 5200 Soquel Avenue, Santa Cruz, Community Room

Wednesdays 8:00am-11:00am

Health Services Agency (HSA), 1400 Emeline Avenue, Santa Cruz, Conference Room
207

Thursday 7:00am-11:00am

Ag Extension, 1430 Freedom Blvd., Ste. E, Watsonville

Thursday 2:00pm-4:00pm

Sheriff Headquarters, 5200 Soquel Avenue, Santa Cruz, Community Room

Community Vaccine Info & Covid-19 Testing



Covid-19 Vaccine

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

Community Covid-19 Testing (not for work compliance)



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, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-425-7991	Doctors on Duty – Watsonville 1505 Main St. Watsonville, CA 95076 Mon-Fri, 8am-6pm, Sat-Sun: 8am-2pm Phone: 831-722-1444	Doctors on Duty – Aptos 6800 Soquel Dr. Aptos, CA 95003 Mon-Fri, 8am-4pm, Sat-Sun: Closed Phone: 831-662-3611	Kaiser 5615 Scotts Mon-F 831-4
Kaiser Permanente – Watsonville 1931 Main Street Watsonville, CA 95076 Mon-Fri 1:30pm-4:30pm 831-768-6600	Sutter Health/PAMF - Santa Cruz Urgent Care 2025 Soquel Avenue Santa Cruz, CA 95065 Mon-Sun 8am-5pm 831-458-5537	Sutter Health/PAMF - Watsonville Urgent Care 550 S. Green Valley Road Watsonville, CA 95076 Mon-Sun 8am-5pm 831-458-5865	Count 1430 Watsc Mon-T Fri 8ar 831-7
County Health Center-Santa Cruz 1080 Emeline Avenue Santa Cruz, CA 95060 Monday-Friday 8am-4:30pm 831-454-4100	Planned Parenthood 398 S Green Valley Road Watsonville, CA 95076 Tues and Thurs 12pm-1pm 831-724-7525	Salud Para La Gente 204 East Beach Street Watsonville, CA 95076 Mon-Sat 8:30am-5:30pm, Sun 8:30am-12:30pm 831-728-0222	Santa Center 21507 Santa Mon-T Fri 8ar 831-4
Cabrillo College Student Health Center 6500 Soquel Drive, Aptos CA 95003 Mon-Thurs 9am-3pm 831-479-6435 healthservices@cabrillo.edu	UCSC Cowell Student Health Center 1156 High Street Santa Cruz, CA 95064 Mon-Fri 8am-5pm 831-459-2500	OptumServe - North County Santa Cruz Civic Auditorium 307 Church Street Santa Cruz, CA 95060 Mon-Fri 7am-7pm Make an appointment 888-634-1123	Optun Comm 1301 Watsc Wed-5 Make. 888-6
CruzMedMo 115 S. Morrissey, Santa Cruz, CA 95062 Mon-Fri 9am-4pm (1pm-4pm on 2nd and 4th Tuesdays) No Appointment Necessary, +Travel Certificates Test results<1hr 831-241-7501			

Vaccine Information from the CDC

Pfizer

Moderna

Johnson & Johnson's Janssen

Covid-19 Vaccine Boosters



If you are 18 and older and have previously been vaccinated against COVID-19 (at least 6 months ago**) you are eligible for a booster shot.

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

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

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!

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

Fish Recipes



[Black Cod Tacos Al Pastor](#)



Mental Health Corner



It is said, that with meditation, we can improve focus, reduce stress and increase creativity and patience (and it is free).

How to Meditate

Meditation is simpler (and harder) than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot:

Take a seat - Find a place to sit that feels calm and quiet to you.

Set a time limit - If you're just beginning, it can help to choose a short time, such as five or 10 minutes.

Notice your body - You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

Feel your breath - Follow the sensation of your breath as it goes in and as it goes out.

Notice when your mind has wandered - Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes—simply return your attention to the breath.

Be kind to your wandering mind - Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

Close with kindness - When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions. That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible.

Check out this [link](#) for more information and guided meditations.

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)



ELDERCARE

Caring for an aging relative can be an enormous responsibility, and it's often difficult to know where to turn for reliable help. Your first call should be to MHN! Our care consultants are standing by to help you:

- Evaluate your elder relative's daily living and healthcare needs, financial issues and legal concerns
 - Assess the support you need
- Find the right assisted living, residential and medical care facilities
- Obtain information on senior meal services, community resources and more

Your assigned care consultant provides contact information for up to five local eldercare providers **with current confirmed openings across multiple zip codes.**

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

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)