

Know Your COVID-19 Risk Carpooling



PUBLIC HEALTH

sccgov.org/coronaviru

Carpooling isn't recommended during the COVID-19 pandemic because of the close proximity between passengers and how air circulates in vehicles. However, we understand it is an unavoidable risk for some. If you need to carpool, please take the following precautions to keep you and others safe.

To reduce your risk:

- Always wear a face covering
- Use hand sanitizer frequently
- Limit the number of people in the vehicle to two and keep as much distance as possible
- Keep windows open
- Don't touch riders' personal items unless necessary and sanitize hands before and after contact
- Sanitize all surfaces before entering and after exiting the vehicle

Learn more about [using public transit, taxis, rideshares and carpooling in the County's Risk Reduction Order](#).

Delta Dental [wellness resources](#)



Avocado Yogurt Dip

This tasty dip is high in taste and low in sugar.

[>> Get the recipe](#)

Working on Wellness Small Steps Toward Better Health

- Take more walks at home and work. Use the stairs, not the elevator. Also, try Pilates, water aerobics, biking or strength training exercise—and make it a regular part of your schedule.
- Improve your diet gradually. Start to replace desserts and sweetened drinks with fresh fruit and juices. Add more vegetables, whole grains, yogurt, fish, and lean meat to your diet.

MAGELLAN (EAP) EMPLOYEE WEBINARS DECEMBER

Live Webinar—On Wednesday, December 9, 2020, join us for *Exploring Habits for Positive Behavior Change*, a webinar on personal growth. **Register [here](#).**

JANUARY

Wednesday, January 13, 2021

[Challenges of a Post-Quarantine Workplace: Adapting to the "Next Normal"](#)

Objectives:

1. Gain an understanding of where we've been and its effect on us
2. Discuss practical coping and adaptation practices
3. Receive information on helpful skills and practices for successful transitions

FEBRUARY

Wednesday, February 10, 2021

[Mental Skills Bootcamp: Performing at Your Best!](#)

Objectives:

1. Develop a growth mindset
2. Maintain motivation and overcome obstacles
3. Leverage your strengths and the strengths of others

Setting the Stage For 2021



Starting The New Year With Fresh Goals and Plans

As another year rolls in, it's a good time to take stock of your life and decide if you need to make changes in any realm—from career to health to family to education to finances.

- Do some big-picture thinking about what you really want to accomplish this coming year. Look back at 2020; if bad habits held you back, identify their underlying triggers and replace bad habits with healthier ones.
- Develop an action plan including the task steps and resources you will need to reach your goal. Set specific, measurable, attainable, time-based goals.
- Put your plan in writing to, 1) maintain a clear sense of what you are trying to accomplish and, 2) chart your progress next year. The act of writing down goals helps you commit to them.

Tips for Not Giving Up On Goals

1. Sometimes when pursuing goals, it seems we are spinning our wheels—and not progressing. Identify your true priorities, pursue one goal at a time, and gradually add more goals as you progress.
2. Be flexible. Sometimes things beyond your control can sidetrack your goal progress. Consider revising your goal. Approach it in increments—with short-term, achievable milestones as part of a larger goal.
3. If you experience doubts about your goal pursuit, confer with and get support from people you trust. Also, take breaks from goal pursuit so you don't burn out.



December is Stress Free Family Holidays Month

For many, the winter holidays can be the most stressful time of the year. The pressures to keep up with social occasions and make others happy can lead to physical and mental exhaustion. Here are some simple ideas for cutting holiday stress.

1. Don't seek perfection. People often maintain an idealized image of how the holidays should be. However, everything about your holiday season doesn't have to be perfect or just like last year.
2. Simplify wherever possible. Be realistic about what you can do during the holidays. Eliminate some tasks or social functions so that you have more time to enjoy the people you value most.
3. Avoid social media. Others posting images of lavish dinners and perfect parties can lead us to feel we're not measuring up.
4. Continue your workout routines. Exercise helps bust stress and burn off calories that accumulate so quickly at this time of year.