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July 2023



July



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SWIM SAFETY

Swimming and participating in other water-based activities are great ways for people to be physically active during the summer. Swimming provides multiple physical, emotional, and social benefits. For example, movement in water can help people with arthritis improve the use of their arthritic joints without worsening symptoms. Swimming can also bring families and friends together and improve social connections.

During Great Outdoors Month, make sure you're taking steps to keep yourself, your family, and your friends [safe and healthy in the water](#), while also having fun!

Source: https://www.cdc.gov/healthywater/swimming/swimmers/steps-healthy-swimming.html?ACSTrackingID=USCDC_2054-DM107135&ACSTrackingLabel=Active%20People%20June%202023%20newsletter&deliveryName=USCDC_2054-DM107135

The Do's and Don'ts of Balance on Vacation



Vacations are an important time for relaxation and rejuvenation. Letting go of our usual structure and routines is essential to giving our bodies and minds a break from the typical “go, go, go” of everyday. Maintaining a balanced lifestyle during your vacation can help you enjoy your time off while prioritizing your mental and physical wellbeing. Here are Our Do's and Don'ts of Maintaining Balance on Vacation:

Do:

- Keep the parts of your routine that make you feel good and maintain a good headspace. This could be reading in the morning, daily meditation, journaling, or a grounding walk.

- Eat three meals a day. While you are out of your routine, ensure you are still nourishing and fueling your body with what it needs.
- Incorporate a little movement each day. Movement doesn't have to mean an intense cardio session or finding a day pass at the destination gym. Instead, try opting for a beach walk, swimming in the ocean, or stretching after the amusement park. Take advantage of your new scenery!

Don't:

- Restrict yourself from your favorite vacation treats. Not restricting yourself from favorite treats is vital to maintaining a healthy and happy mindset.
- Go in with an "all or nothing" mentality. True wellness is all about balance, with the key word here being "and," not "but." Refocus your mindset on ideas like: "A morning walk AND ice cream after dinner" or "journaling AND sleeping in." Leaving yourself room for balance will allow you to maintain a positive headspace.
- Miss out on memories by trying to stick to a rigid routine. Connection is just as crucial to your long-term health as working out. It's excellent to maintain everyday movement and a healthy diet - but remember, vacation is about taking a break from your daily routines to rest your body and mind while connecting with family, friends, and nature. You may even find some clarity in the stillness.

All this to say, use your vacation to do what makes YOU feel relaxed and rejuvenated. Take the time to do what makes you feel best and permit yourself to truly unwind.

Source: https://www.hhhealthassociates.com/cmss_files/attachmentlibrary/Wellness-Newsletter-July-2023.pdf



Sustainable and Eco-Friendly Summer Party Tips



Are you planning to host a graduation party, birthday party, or just a night together with your friends this summer? If so, check out some tips below for reducing waste while still throwing a party that you and your guests will enjoy!

Use what's in your kitchen. For example, instead of buying single-use plates and cutlery, use what you already have at home. Since you already have silverware, plates, and bowls on hand, you're helping reduce waste and save money.

Provide a batch of lemonade, tea, or water. Make a drink station with lemonade or iced tea in a reusable drink canister. This can help you reduce or avoid using single-use cans, plus you've got the canister for your next hosting gig!

Tag drinks and plates with reusable wear. Instead of providing plastic cups and a Sharpie for guests to know which cup is theirs, choose a reusable item to help your guests keep track of their cup or plate. A cloth napkin or bandana can do the trick and add to the party decorations.

Use the decorations you have on hand. For example, reuse your indoor kitchen tablecloths or table runners as decoration instead of purchasing balloons or other decorations that may land in the trash after the party. In addition, you can gather your potted plants around the house and yard for table decorations.

Provide reusable bags or gifts. If you provide goodie bags or party favors, try reusable or no bag! Giving your guests reusable bags is better for the environment and can encourage others to choose sustainable practices.

Recycle. Finally, if you offer some single-use items, ensure you and your guests recycle all possible decorations and supplies.

Source: https://www.hhhealthassociates.com/cmss_files/attachmentlibrary/Wellness-Newsletter-July-2023.pdf



Social



In Collaboration with the SCCOE Makerspace!

100 Employees had a great time last month doing paint-by-number artwork during our Wellness Wednesday event. We will be hosting Wellness Wednesday on July 19th, from 2-5 pm. Our activity this month will be to identify your 3 Core Values from Brene Brown's Dare to Lead, and then decorate a water bottle with stickers to help remind you to live those values every day.



Are you getting enough water?

Summer is here! Are you drinking as much water as you should? Water helps keep the body functioning by carrying nutrients and oxygen to cells, aiding in digestion, flushing out bacteria, and maintaining electrolyte balance, among other vital functions.

The Mayo Clinic reports that men should consume about 15.5 cups of fluids per day and women should consume about 11.5 cups of fluids per day. For reference, one cup is equal to eight ounces. These fluids can come from water as well as other beverages and foods.

Your suggested water intake may fluctuate depending on your health. It is possible to consume too much water if you have certain health conditions, such as kidney problems, thyroid disease, and liver or heart problems. In addition, certain medications cause the body to retain water. Lifestyle can also be a factor too.

The Mayo Clinic advises that you may need to consume more fluids if pregnant or breastfeeding. If you're in a hot environment or exercising to the point of sweating, hydration is also crucial. It's important to check with your doctor to find out the recommended water or fluid intake based on your needs.

Source:http://www.catholicbenefits.org/PDF/health/wellness/newsletter/july_2022.pdf



MODERN HEALTH OFFERINGS

BIPOC Mental Health

Listen and Learn · 45 min

Tuesday, July 11th 3 pm-3:45 pm

Wednesday, July 19th 10 am-10:45am

[REGISTER HERE](#)

Join this Listen & Learn presentation on specific issues regarding mental health concerns within BIPOC communities. During this session, our providers will present an overview of mental health barriers, bias, and stigma and how it shows up within different communities of color. This session will also provide tools on how to improve the quality of mental healthcare and how to support others if you have your own internalized stigma.

This will be a listen & learn session, so if you are looking for in-depth learning on a topic and the chance to ask questions, this is the Circles format for you!

Self-Compassion: A Beginner's Guide

Listen and Learn · 45 min

Thursday, July 13th 3 pm-3:45pm

Tuesday, July 18th 8 am-8:45am

[REGISTER HERE](#)

Many of us are conditioned to think more is better, when in reality, 'more' can leave us more exhausted. Insert self-compassion! This "simple" concept is a hard one to implement into our day-to-day. Join this Circle with a Modern Health provider to learn the power of self-care and how to best take care of yourself. This is one part of a two-part series on Self-Compassion, so make sure to check out Self-Compassion: A Deep Dive.

This will be a listen & learn session, so if you are looking for in-depth learning on a topic and the chance to ask questions, this is the Circles format for you!



As always, visit [The Well](#) for any questions and for more resources on your overall wellbeing.

About the Santa Clara County Office of Education

Working collaboratively with school and community partners, the Santa Clara County Office of Education (SCCOE) is a regional service agency committed to serving, inspiring, and promoting student and public school success. The SCCOE is a premier service organization driven by the core principles of equity, diversity, inclusion, and partnership. For more information about the Santa Clara County Office of Education, please visit www.sccoe.org and follow us @SCCOE on [Facebook](#), [Instagram](#), and [LinkedIn](#).

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