

[View in Browser](#)



May 2023



May

Welcome to the May edition of the Employee Health & Wellness Newsletter. May is Mental Health Awareness Month. This edition features:

- New Employee Mental Health Benefit **Modern Health**
- New Mindful Monday Series- Radical Self-Care
- Wellness Wednesday Activities
- Women's Health Month Information
- Socializing without Alcohol
- Summer Camp Information
- Yoga Interest Form



Emotional



Modern Health

Introducing Modern Health: Your New Mental Wellness Benefit

We're thrilled to share that as of 4/24/23, we have partnered with [Modern Health](#) as a new employee benefit for you and your dependents as part of our continued efforts to prioritize workplace well-being.

- What's Modern Health?

Modern Health is a mental wellness platform that makes it simple for you to access personalized mental health care in the way that works best for you — whether that's 1:1 sessions with care professionals, group support, or guided meditations & digital courses, all within a single app. Watch [this brief video](#) to learn more! You can also click [here](#) to sign up for upcoming introductory webinars.

- Answer a few questions about your well-being, and Modern Health will thoughtfully guide you to resources that align with your needs and preferences, in areas like:

- Stress & anxiety
 - Burnout & career development
 - Relationships & family
 - Healthy habits
 - Financial well-being
-
- You'll have access to:
 - 10 1:1 sessions with certified mental health, professional, or financial well-being coaches
 - 8 1:1 sessions with licensed clinical therapists
 - Unlimited group support sessions (called Circles)
 - A library of guided meditations & self-paced digital courses
 - Ongoing well-being assessments to check-in on your well-being over time

Getting started with Modern Health:



1. Scan the QR code. After your download is complete, select “Join Now” from the welcome page from the mobile app.
 2. Use the first and last name you have on file with the SCCOE.
 3. Enter SCCOE as the company name, your work email, and a password of your choice.
 4. Select “Register” on the web or “Agree & Join” on the Mobile app to complete registration.
-



Mindful Monday

Beginning this month we will be offering Mindful Mondays at two separate times. Join us at for a brief 10 min meditation at 8:20 am on Mondays to start your week off right. If the morning doesn't work, join us at 12:00 to help recenter yourself during the work day. This month our mindfulness series will focus on Radical Self-Care. After completing the form below, a calendar invite and Zoom link will be sent to you.

[Please fill this Google form out to participate.](#)



In Collaboration with the SCCOE Makerspace!

Beginning in May we will be offering fun arts and crafts activities at Ridder Park on the last Wednesday of the month. Activities will differ each month and not take more than 20 minutes to complete. Drop by the Makerspace any time between 2 and 5 pm on Wednesday May, 31st for this month's activity!

This month we will be creating gorgeous personalized ceramic coasters using a sublimation printer. No registration is required, just drop by and take a few moments to tap into your creative side!



Physical

May is Women's Health Awareness Month



According to the Centers for Disease Control (CDC), the top five leading causes of death in women are:

Heart Disease: Heart disease risk factors for women include diabetes, stress/depression, smoking, inactivity, and menopause. According to Mayo Clinic, symptoms in women can look different than in men. Therefore, it is important to know what to look for, i.e., neck/jaw/shoulder/arm(s) pain, nausea/vomiting, dizziness, sweating, heartburn, and fatigue.

Cancer: According to the American Cancer Society, some cancers that most often affect women are breast, colorectal, endometrial, lung, cervical, skin, and ovarian. Knowing your chances for each is essential to help reduce your risk of cancer.

Stroke: According to CDC, four out of five strokes are preventable. High blood pressure is the leading risk factor for stroke. Unique risk factors for women include hypertension during pregnancy, certain birth control medications, and depression. Chronic lower respiratory disease (CLRD) CLRD is a group of conditions that affect the lungs, including chronic obstructive pulmonary disease (COPD) and other chronic conditions. Typical symptoms include shortness of breath, wheezing, increased mucus, chronic cough, racing heartbeat, and fatigue.

Alzheimer's Disease: According to Harvard Health, women are more prone to Alzheimer's than men, mainly because women live longer. Another reason may be that women's immune systems are more robust, and the amyloid plaque that causes Alzheimer's is part of the brain's immune system to fight infections.

Regular annual wellness exams with your primary care physician are vital for detecting these conditions early. Have open dialog regarding your family history, symptoms, and concerns. Your doctor will order

appropriate bloodwork and additional tests which can provide clues to your current risk. Overall, it is important to have regular checkups and cancer screenings recommended by your doctor. If you have questions about how to schedule an appointment please visit the [Employee Benefits Page](#).

Source: Leading Causes of Death – Females – All races and origins – United States, 2018 | CDC Women's Health Cancer Facts for Women | Most Common Cancers in Women Women and Stroke | cdc.gov Why are women more likely to develop Alzheimer's disease? - Harvard Health



Social



For many people, socializing with friends often involves drinking alcohol. Whether it's going out to a bar or having drinks at home, alcohol has become a common way to socialize and connect with others. However, it's important to remember there are many other ways to enjoy time with friends. Not only can these activities be just as fun, but there are benefits to socializing without alcohol.

Alcohol-Free Activities

Plan activities that don't revolve around drinking. One of the easiest ways to spend time with friends without alcohol is to plan activities that don't involve drinking. For example, visit an art exhibit, see a movie, try a new restaurant, attend a sporting event, or try a fitness class. Alcohol tends to make it feel easier to bond and connect with

others, but connecting over a mutual activity will lead to a more meaningful connection.

Be upfront with your friends about your preferences. If you're trying to cut back on drinking or prefer not to drink, it's important to be upfront with your friends. Let them know you're happy to spend time with them but would rather not drink. You might find that some of your friends are also looking for alternatives to drinking and are happy to try out new activities with you. Like anything, you're more likely to succeed with a support system.

Find like-minded people. If you're struggling to find friends who are interested in spending time without alcohol, try branching out to find like-minded people. Joining a club or group that focuses on a particular interest can be a great way to meet new people who share your values and interests. For example, you could join a hiking group, a book club, or a sports team. Enjoy the benefits of socializing without alcohol. There are many benefits to spending time with friends without alcohol. You'll likely have more meaningful conversations and make deeper connections. Without the distraction of alcohol, you may also have an easier time remembering the details of your conversations and developing stronger bonds with your friends.

Connecting with friends without alcohol is as fun and rewarding as socializing with alcohol. So, the next time you want to spend time with friends, try to think outside the box, explore some non-alcohol related activities, and reap the benefits.

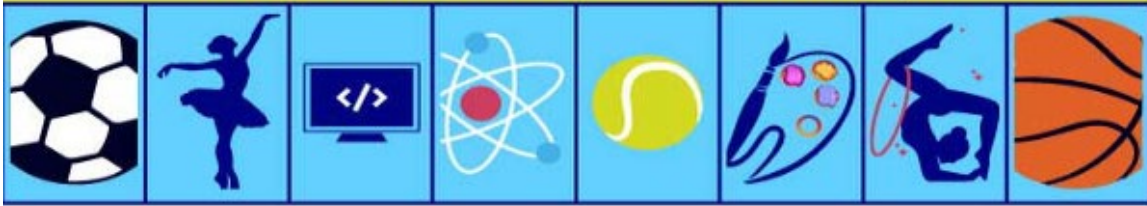


Community

Haven't figured out what to do with the kids yet this summer? We've got you covered!

Click [HERE](#) to learn all about great summer camp opportunities!

2023 San Jose Summer Camps



The most comprehensive listing of summer camps in San Jose.

Yoga at Ridder Park



Are you interested in attending yoga classes at Ridder Park? Please fill out this [interest survey](#)!



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.

Follow us on Social Media



SCCOE



Facebook



LinkedIn



YouTube



Instagram

Not interested in email updates from Santa Clara County Office of Education? [Unsubscribe](#)

To ensure delivery to your inbox please add to your address book.
1290 Ridder Park Drive, San Jose, CA 95131-2304

[Report Spam](#)