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June 2023



June

Welcome to the June edition of the Employee Health & Wellness Newsletter. This month's newsletter covers the following topics:

- Pride Month
- Sleep Tips for Travel
- Wellness Wednesday Activities
- Great Outdoors Month
- Summer Camp Information
- Employee Wellbeing COP Survey
- Summer Reflection Question



Community



"The time for Pride is upon us, and there's a whole lineup of celebrations to add to your calendar. From parades and festivals to dance parties and drag shows, here are all the ways to be gay in the Bay for Pride." [Click here](#) to see the full Mercury News Article with tons of Pride Activities all over the Bay.

Modern Health also offers many learning and connection opportunities for Pride including the one listed below. For access to all of Modern Health's Pride learning and connection sessions, [register for Modern Health](#).

Transgender Allyship: Showing Solidarity & Support

Listen and Learn · 45 min, June 15th 10am

In a society that prioritizes cisgender identification, those that don't have this gender identity have historically and continue to face many unique difficulties. Individuals who identify as transgender often face mistreatment, outright discrimination, and violence. Join this session with a Modern Health provider to gain a better understanding of the issues that those with transgender identities experience and learn how to grow as an effective ally.

This will be a listen & learn session, so if you are looking for cameras-off, listening-based learning on a topic, and the chance to ask questions via chat, this is the Circles format for you! If you have already joined Modern Health [click here](#) to register for this event.

LGBTQ+ Individuals: A Community Space

Discussion · 90 min

June 8th 12-1:30 [Register Here](#)

June 22nd 9-10:30 [Register Here](#)

The LGBTQ+ community faces plenty of adversity and challenges. It's important to not only acknowledge these hardships but to work on re-emphasizing and reinforcing their ongoing resilience. Join this session with a Modern Health Therapist to connect with others, learn, and be in community.

This session is reserved for individuals who self-identify as LGBTQ+. This will be a discussion-based session, so if you are looking for support and to connect with others, this is the format for you! We strongly encourage cameras to be on during discussion-based Circles to build community.



How Can Travel Disrupt Your Sleep?

While travel can lead to new and exciting experiences, it also brings potential downsides. Many people find that they can't sleep when traveling, making it harder to fully enjoy their trip.

Travel Fatigue

Travel can bring both physical and mental stress, which may lead to travel fatigue. Symptoms of travel fatigue include exhaustion, headaches, sleep loss, and other types of discomfort.

Numerous aspects of a trip can contribute to travel fatigue:

- Fear of flying or other types of travel.
- Anxiety about problems arising during a trip.
- Stress associated with packing, arriving on time, and other logistics.
- Motion sickness.
- Lengthy travel days.
- Delays or interruptions to the itinerary.
- Inability to sleep while traveling, such as while sitting upright in a plane, train, or car.
- Pressurized airplane cabins can contribute to dehydration, bloating, constipation, and respiratory tract infections.
- Altered food and drink consumption while in transit, including increased intake of alcohol and caffeine.
- Extended periods in a seated position, which can cause leg swelling, stiffness, and reduced physical activity.

Travel fatigue can occur during travel of almost any type and length, and it may exacerbate underlying health conditions.

Jet Lag

Jet lag is a short-term sleep disorder that can occur after long-distance flights that cross three or more time zones. Upon arrival, a person's [circadian rhythm](#) is still anchored in their home time zone, creating a misalignment with the local time at their destination. Difficulty sleeping is a leading symptom of jet lag. Other symptoms include impaired physical or mental performance, daytime sleepiness, gastrointestinal problems, and overall malaise. Jet lag normally lasts for a few days but can persist for up to a few weeks until a person's circadian rhythm becomes synchronized with local time. Jet lag is usually more severe when traveling east and over many time zones.

Schedule Changes

Even without the circadian rhythm disruption of jet lag, alterations to a person's daily schedule, including their bedtime, can contribute to sleep

problems. Interruptions to a normal sleep routine may make it harder to fall asleep or sleep through the night.

Especially on vacations and business trips, it's common for people to want to overload their daily agenda and squeeze the most into each day. This may lead to overstimulation and/or insufficient time budgeted for sleep.

New or Uncomfortable Sleep Settings

Studies have repeatedly demonstrated that people tend to have worse sleep the first night that they spend in an unfamiliar environment. This was first detected in sleep clinics where researchers discovered a consistent "first-night effect."

This effect does not appear to be limited to sleep clinics. Further research has found that first-night sleep quality was reduced even in an inviting setting like a spa resort. Some experts believe that this is an evolutionary survival strategy that keeps part of the brain active when initially sleeping in a new place.

Sleep usually improves after the first night, but this may not always be the case when traveling. If accommodations have an uncomfortable mattress or excess light or noise, it may be hard to get uninterrupted rest.

Changes to Diet and Exercise Routines

Travel is frequently treated as a welcome break from normal routines, but changes to established habits may play a role in sleep disruptions. Travelers may be inclined to drink more alcohol or eat heavier meals than normal, both of which can have negative effects on sleep patterns. Regular exercise, which can contribute to consistent sleep may also be reduced or modified while traveling.

What Are the Consequences of Disrupted Travel During Sleep?

Short-term lack of sleep can harm physical, mental, and emotional health. [Sleep deprivation](#) can slow your thinking, make you drowsy during the day, cause irritability, and decrease your energy level. Insufficient sleep can heighten the risk of accidents, which may be especially concerning during road trips. These consequences detract from quality trips. Without enough sleep, business travelers and athletes may not

perform optimally, and pleasure-seekers may get less enjoyment out of a vacation. While travel-based sleep disturbances are normally a short-term concern, they may become chronic for people who are frequent travelers or who are otherwise at risk for sleeping problems.

How to Sleep Better When Traveling

No matter whether you're traveling for work or play, sleeping well can help you have a more successful and enjoyable trip. While there's no foolproof plan that works for everyone, there are many steps you can take before and during travel to reduce sleep disruptions.

Minimizing Pre-Travel Stress

Anxiety in the lead-up to a trip can weigh on both your sleep and peace of mind. Try to plan far enough ahead that you aren't scrambling at the last minute to pack, prepare your itinerary, or get to the airport.

Sleeping on Planes, Trains, and Buses

Some people easily doze off on planes, trains, and buses, but for other people, it's a serious challenge. If sleeping in transit doesn't come naturally to you, try to avoid making travel plans that depend on sleeping on board. A redeye flight or overnight train might seem like a good way to save time or money, but if you can't sleep on board, it can backfire. If you find that you want or need to get some shut eye on a plane, train, or bus, focus on getting as comfortable as possible:

- Wear loose-fitting and breathable clothing and bring an extra layer in case it's chilly.
- Recline if you can, as studies have found it improves both the quantity and quality of sleep.
- Block out your surroundings with headphones or earplugs and something to cover your eyes like a jacket or sleep mask.
- Carry a travel pillow or a small bag of clothes that you can use to support your head.

If possible, travel at off-peak times when there will be less commotion and a better chance of having extra space to stretch out and sleep.

Preventing and Overcoming Travel Fatigue

A long travel day can be exhausting, but quality rest allows you to quickly recover. Don't over-schedule the first few days of your trip and budget plenty of time for sleep. Drink water before, during, and after your travel day to help stay hydrated. Frequently wash your hands or use sanitizing gel since you may be exposed to germs on board. This is especially important for air travel as it can make you more vulnerable to respiratory illness.

Practicing Healthy Habits

It's natural to want to splurge during a vacation, but you can still benefit from adhering, as much as possible, to some healthy habits:

- **Eat wisely:** Eat a [balanced diet](#) with plenty of fruits and vegetables, and be especially wary of heavy meals on travel days when it's harder to be physically active. Keep yourself hydrated with water and avoid sweetened drinks.
- **Consume alcohol and caffeine in moderation:** Alcohol can throw off your [stages of sleep](#), and caffeine is a stimulant that can keep you up at night if you drink it too late in the day.
- **Get daily exercise:** You don't need to go all-out with workouts, but try to go for a walk or get another type of meaningful physical activity every day.
- **Utilize relaxation techniques:** Methods like deep breathing and mindfulness meditation can calm your body and mind, reducing stress and often making it easier to fall asleep.

Dealing With Jet Lag

Realigning your circadian rhythm with your new time zone is critical to getting over jet lag. Exposure to natural light and melatonin supplements can be beneficial, but it's important to have the proper timing in order to avoid further desynchronizing your internal clock.

Talk with your doctor about a plan for overcoming jet lag or try a program like the [Timeshifter](#) app to develop a schedule for sleep, light exposure, and taking melatonin that can help reduce jet lag.

What Travel Accessories Can Help with Sleep?

Depending on your budget, [there are a range of accessories and tools](#) that can make it easier to sleep and feel well when traveling:

- Compact or inflatable travel pillow.
- Sleep mask.
- Earplugs or noise-canceling headphones.
- Pajamas or other comfy clothes.
- Machine or app that produces [white noise](#).
- Audio recordings or an app for meditation.
- Water bottle to stay hydrated.
- Snacks that are healthy and easy to carry.
- Sleeping bag liner to avoid scratchy sheets.

Can Sleeping Pills Help With Sleep While Traveling?

[Sleeping pills](#) can be prescription drugs, over-the-counter medications, or dietary supplements. Almost all formulations make you feel drowsy, which may help you sleep when in transit or at your destination. While sleep aids may be appealing, it's important to consider their downsides. They can provoke significant grogginess that may be problematic when traveling, especially if you need to drive. On long-distance flights, sedatives may keep you seated for too long, raising the risk of blood clots. Effects of sleep aids can carry over to the next day, slowing your thinking and reaction time. Drowsiness from sleep aids can make falls or other accidents more likely. The best way to evaluate the benefits and risks of sleep aids is to talk with your doctor who can review which, if any, type of sleeping pills are appropriate for you.

Should You Take Naps When Traveling?

[Napping](#) can be refreshing if you're short on sleep while traveling, but it's important not to go overboard with naps. If you nap for too long, you may wake up even groggier. Long naps or naps in the late afternoon or evening can also throw off your sleep schedule. In order to get the benefits of naps without many downsides, try to nap for less than 30 minutes and a maximum of 60 minutes. The best time to nap is usually shortly after lunch, and naps later in the day should be avoided.

Source: Sleep Foundation https://www.sleepfoundation.org/travel-and-sleep?utm_source=Klaviyo&utm_medium=email&utm_campaign=5-3123%20%7C%20NonCommercial%20%7C%20Sleep%20Better%20While%20Traveling&utm_id=01H1CE7PJFTA5KHTBZHTGKE64E&utm_kpi=01G9QYV8W7JBAPTWJKBSJ315S7&_kx=LM9Tsy6PZVvk65tO19fU6_bVxVh2l6VLOpsmLKboRSQ%3D.TKJEB5



In Collaboration with the SCCOE Makerspace!

Many employees were able to join us for our first Wellness Wednesday on May 31st. Mark your calendars for this month's Wellness Wednesday from 2-5pm in the Ridder Park Courtyard, on June 28th.

This month we will be creating beautiful canvas art with paint-by-numbers! Come on your own, with a friend, or with your whole department to create some beautiful artwork!



June is Enjoy the Great Outdoors Month



SACRAMENTO, Calif., – California State Parks invites outdoor enthusiasts to honor “Great Outdoors Month” by visiting the Golden State’s spectacular state parks. Whether it be in the misty Northern California redwoods to the sun-bathed desert in Southern California or the beaches along the coastline, Californians have a diverse topography to choose from.

Off-highway motor vehicle recreation, boating activities, horseback riding, on- and off-road cycling, hiking, camping, rock climbing, tours, school group enrichment, and special events are just some of the activities enjoyed in 280 park units organized into 22 field districts throughout the state. Below are just a few state parks outdoor enthusiasts can enjoy this month and year-round. A complete list of park units is available online at www.parks.ca.gov/visit.

Beaches

- [Carpinteria State Beach](#): Offers miles for swimming, surf fishing, and camping. Located south of Santa Barbara, you can view seals and the sea.
- [Crystal Cove State Park](#): Known for its rustic setting in contrast to the urban surroundings, the park offers miles of beaches as well as trails on the sloping hills. Located off the Pacific Coast Highway in Newport Beach, you can find various activities from mountain biking to scuba diving to renting beach cottages.
- [Julie Pfeiffer Burns State Park](#): The park is located on the rugged coastline and optimizes the Big Sur experience with hiking trails, campgrounds, and its most popular attraction, McWay Falls, which can be viewed by a short trail.

Deserts

- [Anza-Borrego Desert State Park](#): Located in San Diego County, the largest state park offers five hundred miles of dirt roads, twelve wilderness areas, many miles of hiking trails, and the wildflower bloom in the spring. It was also named an International Dark-Sky Park.
- [Ocotillo Wells State Vehicular Recreation Area](#): With over 85,000 acres of magnificent desert, the park offers off-highway vehicle recreation, including a 4x4 training area, gas domes and camping.
- [Providence Mountains State Recreation Area](#): Reopened in 2017 after major infrastructure upgrades, visitors can take tours of the iconic and majestic Mitchell Caverns, hike and view the desert wildlife and vegetation.

Redwoods

- [Big Basin Redwoods State Park](#): The oldest state park contains nearly 11,000 acres of old-growth forest in the heart of the Santa Cruz Mountains. The biggest attraction – the ancient coast redwoods.
- [Hendy Woods State Park](#): Located in the heart of Anderson Valley wine region, the park includes five miles of trails, including the wheelchair accessible Discovery Trail. Some of the giant redwoods you will see are believed to be more than 1,000 years old.
- [Prairie Creek Redwoods State Park](#): Located north of Eureka, visitors can camp on the beach or near the redwoods, hike 75 miles, of trails or bike the 19-mile bike loop. Visitors can also enjoy Fern Canyon or watch Roosevelt elk graze in the meadows.

Recreation Areas

- [Folsom Lake State Recreation Area](#): Hike, bike, fish, camp, horseback ride or ski in the 19,500 acres of the park.
- [Lake Oroville State Recreation Area](#): Created by the largest earthen dam in the U.S., when the lake is at maximum elevation, it includes more than 15,000 surface acres of recreation and 167

miles of shoreline. Ideal for boat-in camping, floating campsites, fishing, and swimming.

- [Lake Perris State Recreation Area](#): Ringed by various hills and small mountains, the lake is home to a variety of birds and other wildlife such as mule deer, bobcats, and coyotes. Visitors can rock climb, camp, horse bike ride, and enjoy other water activities. The state recreation area is located just 65 miles south of Los Angeles.

Hidden Park Gems

- [Castle Crags State Park](#): The park is a prime spot for climbing its jutting cliffs and granite spires.
- [Grover Hot Springs State Park](#): Home to natural hot springs surrounded by pine and sagebrush, visitors can also camp, picnic, and hike the trails.
- [Auburn State Recreation Area](#): World famous for its rapids at the three forks of the American River, the river's swift currents are not for beginners.

All visitors are encouraged to explore the state parks in a safe and responsible manner. Learning beforehand about the rules, such as parking or if dogs are allowed can enhance the visitor experience. It is also important to learn the laws for recreating in boats and/or off-highway vehicles. For other tips, please visit www.parks.ca.gov/safetytips.

Subscribe to California State Parks News via e-mail at NewsRoom@parks.ca.gov

California State Parks provides for the health, inspiration, and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation.

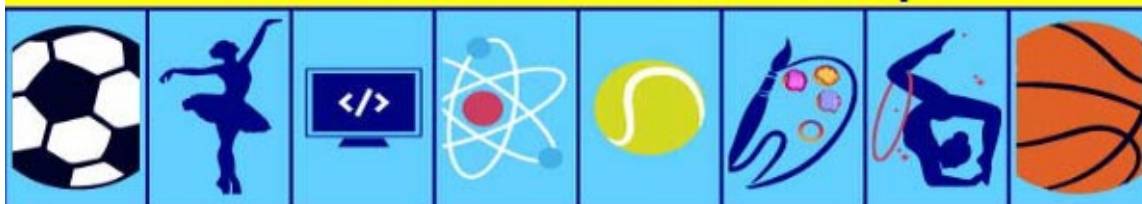


Community

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.

Wellbeing

This year Workforce Development offered an Employee Wellbeing Community of Practice (COP). This COP brought together employees from many different departments and divisions across the SCCOE to learn about Wellbeing Best Practices as well as set goals for our own wellness and discuss obstacles to wellness. We are considering

whether to offer this opportunity again next year. If you are interested please fill out this quick, [informational survey](#).



Summer usually signifies a time when we can breathe a little easier and things slow down a bit. It is a great time to take stock of what you have accomplished over the past months.

Here are some questions for contemplation in the open space time we have in the summer months.

For those still in a space of teacher reflection, check out [20 Teacher End of the Year Reflection Questions](#).

For those in a space of mid-year individual and team reflections, try Julie Winkle Giulioni's [Collaborative End of Year Reflections](#) and modify away.

For those on a personal journey, try Courtney Martin's [10 End of Year Reflection Questions](#). You'll want to adapt them to do a half year reflection vs. her 'full on December 31' questions and they will be just as good to chew on 6 months in.

Source: Jennifer Abrams Voice Lessons jenniferabrams.com



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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