

# Human Resources

May 2021  
Issue 5

## Employee Services

**New Hires:** 5  
**Terminations/Retirements:** 5  
**Positions Posted:** 13

## Employee Benefits

**Benefit Enrollments:** 14  
**Benefit Terminations:** 12  
**Benefit Changes:** 7

## Meet Diana Crigger, Employee Benefits Specialist



Please welcome our new Employee Benefits Specialist, Diana Crigger. She comes to us with a wealth of knowledge from her previous employment in Human Resources as the HR Manager for the Nassau County Sheriff's Office and the Benefits Analyst with the Florida State College of Jacksonville. Diana can assist employees and retirees with benefit enrollment and changes, COBRA, FMLA and Workers Compensation claims.

Diana and her husband Rich moved from Columbia, South Carolina to Yulee, Florida in 2012. In her free time Diana enjoys spending time volunteering with the Amelia Island Sea Turtle Watch, Inc. She can also be seen playing tennis on Amelia Island with her ladies group. Her favorite past time is spending time with her family and her little 5 lb. Maltipoo named Peanut.

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## Employee Wellness

### Tune In - Nurture your mental and emotional health.

Anxiety — we all deal with it from time to time. It can make you feel nervous, worried or sick to your stomach. Over time, feeling that way can affect your health and well-being. The good news? There are things you can do to help you manage it.

#### CHECK YOURSELF

Ask yourself if your worries:

- Interfere with your daily routine
- Prevent you from reaching your goals
- Leave you feeling overwhelmed

#### FIND TREATMENT AT HOME

Certain behaviors and lifestyle changes may help relieve anxiety, including:

- Avoiding caffeine and smoking
- Maintaining strong social relationships
  - Getting enough rest
  - Exercising and meditating
- Practicing gratitude and positive thinking

Visit [Aetna.com/individuals-families/mental-emotional-health/anxiety-check.html](https://www.aetna.com/individuals-families/mental-emotional-health/anxiety-check.html) to take a short survey on your emotional health.