

# Working on Wellness

Monthly wellness from  
**WORKWELL** LIVING HEALTHY WORKS.



**Spring Activity Challenge:  
Spring Into Step**  
May 1 - 31, 2026

## Mental Health Awareness

May is **Mental Health Awareness Month**, a time to focus on emotional well-being, stress management, and reducing stigma. Worksites can support employees by encouraging open conversations, promoting resources like employee assistance programs, and offering stress-relief activities. Employees are also encouraged to check with HR to understand what mental health services are covered under their health plan.

SDSU Extension is challenging South Dakotans to make physical activity a top priority throughout the month of May. Join our challenge for motivation, encouragement, and a chance to win a prize!

### Join the challenge



**WORKWELL WEBINAR SERIES**

Wednesday, June 3rd at 11am CST

PRESENTED BY

**ALZHEIMER'S ASSOCIATION**  
South Dakota Chapter

Michelle Kutner,  
State Program Director  
Alzheimer's Association  
South Dakota Chapter

**BUILDING BRAIN HEALTHY HABITS VIRTUAL EDUCATION PROGRAM**

WORKWELL WEBINAR SERIES

## WorkWell Funding Opportunity

The WorkWell Funding Opportunity will wrap up the grant year on May 31. Here's a highlight from one participating worksite:

In quarter three, the worksite hosted an in-person healthy living webinar with fruits and vegetables (15 participants) and distributed 200 stress balls at an all-staff meeting to support stress management. These simple, cost-effective efforts are sustainable and promote ongoing healthy habits.

A key challenge has been engaging remote employees due to varying schedules. To address this, the worksite is encouraging participation from all staff and planning activities on peak in-office days to improve engagement.

