

## WORKING ON WELLNESS

Monthly wellness from the SD Department of Health  
Office of Chronic Disease Prevention and Health Promotion

### Tips To Manage Stress

You have the power to make good choices, such as eating a **healthy diet**, **exercising regularly**, and **getting enough sleep**. It is tempting when stress hits to turn to alcohol, drugs, sugar, or junk food to help yourself cope, but this often makes the situation worse. Focusing on **YOURSELF** and your own personal needs not only **reduces stress**, but can help you with **chronic illnesses**, such as **high blood pressure** and **heart disease**. Here are several **TIPS** that employees can implement at and outside of the workplace to help reduce stress.



1. **Begin Self-Care at Home**
2. **While at Work, Be Mindful of Your Physical Environment**
3. **Take Breaks**
4. **Lighten up on Caffeine**
5. **Take Time Off**
6. **Frame your Work Relationships in a Positive Light**
7. **Be Creative**
8. **Take Part in Company Sponsored Wellness Events**

Source: [www.oshaonline.com](http://www.oshaonline.com)

### April is Alcohol Awareness Month:



**Alcohol affects every organ in the body. Take a minute to rethink your drink.**

- Know your limits. Drinking in moderation is defined as having no more than 1 alcoholic drink per day for women and no more than 2 alcoholic drinks per day for men.

**Choose nonalcoholic beverages if you:**

- Are recovering from alcoholism or are unable to control the amount you drink.
- May become pregnant or are pregnant.
- Plan to drive, operate machinery, or take part in other activities that require attention, skill, alertness, and coordination.
- Are taking prescription or over-the-counter medications that can interact with alcohol.
- Have certain medical conditions.
- Are younger than 21.

Source: [www.cdc.gov](http://www.cdc.gov)

### Have a Fitness Ball?

You can do many core-strength exercises with a fitness ball.

Visit <https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/core-strength/sls-20076330?s=1> for a full core workout.

