

# Working on Wellness

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

## WORKSITE SPOTLIGHT

*"I have been able to use the facility to manage health concerns. What a Blessing!"*

**Rapid City SDSU Extension**, who is passionate about wellness, was one of WorkWell's 2019 grant recipients. This funding opportunity inspired SDSU's West River staff to create a space to be well at work and reduce sedentary time. The space offers small equipment for employees to work-out on breaks, during their lunch hour and other times. This project was developed and implemented to address these factors:  
**1) Exercise with a coworker—hold each other accountable 2) Reduce health care costs and chronic disease 3) Promote social connections and healthy relationships 4) Increase productivity 5) Reduce stress**



## WorkWell Webinar



### Emotional Well-being: Coping with the Unknown

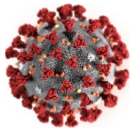
In this webinar you will learn ways in which you can help you and your employees in handling the unknown. Identify your stress, cope with stress and best manage it during the pandemic. You will learn how you can best show support to others including your own family members.

**Tuesday, May 5, 2020 12:30 PM Central Time**

Join Zoom Meeting: <https://zoom.us/j/760108777>

One Tap Mobile: **1-669-900-6833 ID: 760 108 777**

## COVID-19



**COVID-19** is affecting the lives of individuals and families in different ways. The **Healthy South Dakota Team** is dedicated to providing information and resources to help you and your family **eat healthy, stay active, and keep your overall health and wellness in balance**, no matter the circumstances.



**LIVING HEALTHY WORKS.**  
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

## WORKWELL Grants

The **South Dakota Department of Health** awarded the 2020-2021 WorkWell Grants. Since 2013, WorkWell has now awarded and provided technical assistance to **113 grantees** state wide. We encourage worksites to look for up-coming grant opportunities that are listed on the **Good & Healthy SD Model Policies** have been developed as a resource for worksites to implement. We encourage your worksite to adopt these policies.

### Healthy Eating

- [Tips for Ordering Take-Out or Delivery](#)
- [Getting Groceries During Quarantine](#)
- [Your Children Helping in the Kitchen](#)

### Physical Activity

- [Parks and Open Spaces](#)
- [Walking](#)



## Stay Active and Eat Healthy Health & Wellness

- [Chronic Diseases and COVID-19: What You Need to Know](#)
- [Helping Children Cope With Changes Resulting From COVID-19](#)