

WORKING ON WELLNESS

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

DECEMBER 2020



Join the Healthy Movement

Empower yourself to eat and live healthier with tips and tools to build healthy habits for life. Sign up and receive the *Taste of the Holidays digital recipe book* for **free**. Empower yourself to eat and live healthy with American Heart. Keep your healthy habits going or start them now! What you get when **signing** up with **Healthy for Good**:

Eat Smart: Simple solutions to make grocery shopping, cooking, and eating healthier.

Move More: Easy ways to put your body in motion and to love being more physically active.

Be Well: How to sustain healthy habits for overall well-being, including sleep, stress relief, weight management, mindfulness, social connection and more.

Recipes: Simple, delicious, and affordable recipes.

COVID and Stress

Coping with stress in a healthy way will make you, the people you care about, and your community stronger. Fear and anxiety can be overwhelming and cause strong emotions and affect your wellbeing. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and manage job stress, and know where to go if you need help.

Healthy Ways to Cope:

[Emotional Health](#)

[Meditate](#)

[Eat Healthy](#)

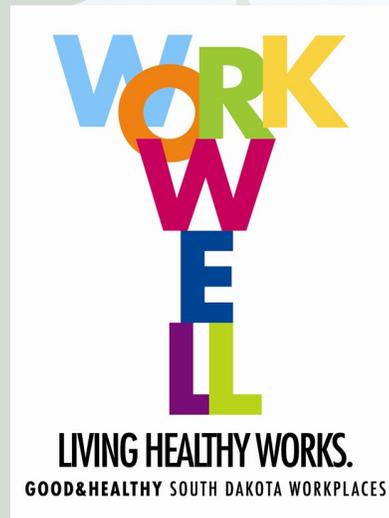
[Exercise Regularly](#)

[Get Sleep](#)

[Avoid Alcohol and Drug Use](#)

[Build Resilience](#)

Preventing Chronic Disease



Now more than ever it is important to take care of your health. Preventing Chronic Disease starts with you and your worksite! Adopting a Good & Healthy lifestyle is a great way to maintain health and prevent chronic disease. Being active, eating right, quitting tobacco use, maintaining recommended cancer screenings, and staying educated on

important health risks are all steps in the right direction. Let's continue to work together to encourage healthy habits and prevent chronic disease among employees. Good & Healthy South Dakota provides [Infographics](#) for you to educate your employees.