

WORKING ON WELLNESS

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



NOVEMBER 19 • 2020

The Great American Smokeout

Quitting smoking is not easy and it takes time. You don't have to stop smoking in one day. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward being smoke-free. Thousands of people who smoke across the country will be taking an important step toward a healthier life and reducing their cancer risk. The American Cancer Society can help you access the resources and support you need to quit. The South Dakota Quitline can also help tobacco users kick the habit for good! Check out these FREE tools and services at the links below:

[Benefits of Quitting](#)

[Helping a Person Who Smokes Quit](#)

[How to Quit Smoking or Smokeless Tobacco](#)

How Gratitude Can Help Your Health



Do you ever feel like you just can't catch a break? Do you feel negativity about your life at times? To balance out this natural tendency, we can practice gratitude. Your health, what you eat, your daily activity, relationships you have and the time each day are all important daily factors to have gratitude toward.

Write **THESE** down and share them!

1. What did your body do for you today?
2. What did you feed your body to nourish yourself today?
3. What did you do that you really enjoyed today?
4. Who do you look forward to seeing?
5. What are you doing right now?

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

**The 2020 FREE Seven-Week
Holiday Challenge**

November 16 — December 31

[REGISTER HERE](#)