

Working on Wellness

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

Anxiety, Stress, & the Workplace

Getting stressed out at work happens to everyone, and it's perfectly normal. But stress that is persistent, irrational, and overwhelming and impairs daily functioning may indicate an [anxiety disorder](#). Working can add to your self-esteem, social life and financials. Be sure to utilize the resources and benefits your employer provides. Here are a few other ideas to keep your work life manageable:

- ✓ Tell a trusted coworker.
- ✓ Educate yourself.
- ✓ Plan and prepare.
- ✓ Practice time management.
- ✓ Avoid toxic coworkers.
- ✓ Set boundaries.
- ✓ Be healthy.
- ✓ Communicate.
- ✓ Ask for help.
- ✓ Stay organized.
- ✓ Take breaks.
- ✓ Savor success.

Physical activity can help relax and ease the mind. Yoga has been shown to significantly reduce feelings of anxiety and stress. Here is [one](#) to try!



Physical activity is more important than ever. [Exercise Snacks](#), a new movement in the world of physical fitness is a short, easy form of exercise that gives you similar benefits as longer, more sustained workouts. The beauty of exercise snacks is that you need no special equipment. Exercise snacks don't need to be highly structured, either. They can be as simple as including short bursts of speed during a daily walk, or when climbing stairs.

Check out these Exercise Snacks!

[11 Minute Exercise Snacks](#)

[7 Minute Exercise Snacks](#)

May Self-Care Series Hosted Every FRIDAY in May



Join SDSU Extension **every Friday** for 20 minutes during the month of May on self-care activities around topics of Nutrition, Physical Activity, Stress Management and other topics!

Online Registration:

<https://extension.sdstate.edu/event/may-self-care-series>



LIVING HEALTHY WORKS.
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

Engaging the Workforce in Times of Change
WORKWELL Virtual Partnership Summit
TUESDAY, SEPTEMBER 14, 2021