

WORKING ON WELLNESS

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

FEBRUARY

2022

Issue 52

FEBRUARY IS HEART MONTH:



When we take care of our hearts as part of self care, we set an example for those around us to do the same. Stress can have an effect on our heart health and while we may feel too busy to de-stress, it is important too. American Heart is here to provide you with **VIDEOS** to help you stress less.



Celebrate Heart Month:



Ready to show some heart love! Celebrate American Heart month by sharing the American Heart Month calendar with staff! It is important to keep the heart healthy and there are many ways to do it.



Boost Employee Wellbeing this Winter

Now that the holiday season is over, keep your employees boosted with active and productive wellness challenges. Social, occupational, financial, emotional, physical and purpose are a great

source of wellness elements to incorporate into the health and wellness of your worksite.

To learn more visit **WellRight**.

1. Free Advice - Get Inspired by a Mentor
2. Daily Plan - Start Each Day With a Plan
3. Piggy Bank - Lean on a Financial Adviser
4. Be Positive - Replace Complaints With Gratitude
5. Walk Meet - Walk-And Talk-It Out
6. Picture It - Visualize for 150 Minutes

WorkWell Grant Opportunity:

The South Dakota Department of Health is excited to release the 2022-2023 WorkWell Grant. All South Dakota businesses are eligible to apply! This is an opportunity for your worksite to send a positive, supportive message and promote healthy lifestyles by preventing, reducing, and managing chronic disease through worksite environment and policy change.

Grant Funds Awarded: Up to \$2,000 per worksite

Grant Release: February 4, 2022

Grant Submission Deadline: On or before March 4, 2022 by 5:00 pm CT

Grant Selection: April 2022

Year Period: June 1, 2022 – May 31, 2023

Apply Here: [Funding Opportunities](https://www.healthysd.gov/funding-opportunities)
[HealthySD.gov](https://www.healthysd.gov)

