Working on Wellness

Monthly wellness from the Department of Health Healthy South Dakota Program

APRIL 2022

PROMOTE WELLNESS WEDNESDAYS

Sharing wellness tips with your employees can make your entire workplace healthier. Lead your worksite by example to work toward a healthy worksite lifestyle. Wellness Wednesday is an opportunity for employers to bring wellness-centered, fun activities into the workplace! It focuses on small actions or activities that encourage well-being both physically and mentally. Enjoy unique ideas that can boost your employees’ physical and mental well-being each and every week!

Find 52 Wellness Wednesday Tips HERE!

Adopt hashtag, #wellnesswednesday.

APRIL IS ALCOHOL AWARENESS MONTH

Making Worksites Aware

Ready to Talk About Treatment?

24/7 confidential advice. Call 2-1-1 (SD HELPLINE) now for:
- Information on your nearest treatment center
- Supportive guidance, whenever you need it
- Clarity on your finance options

SPRING into FRESHNESS

We’re all ready to eat more fresh vegetables once spring has sprung, especially after the rib-sticking soups, stews, and hearty meals we enjoy all winter. Step away from the bagged version and stop shelling out for store-bought concoctions. These Salads in a Jar are delicious and simple homemade!

PODCASTS

All Things Health & Wellness

Listening to Podcasts are a great way to knock out gym time and can be very beneficial to your health. Rounded up are 29 Best Wellness Podcasts for 2022.

When listening to podcasts......

✔️ You can Relate to Others.
✔️ You can Learn Something.
✔️ You can Relax.
✔️ You can have a Source of Inspiration.

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