

Working on Wellness

Monthly wellness from the
Department of Health Healthy South Dakota Program

 SOUTH DAKOTA DEPARTMENT OF HEALTH

 **HEALTHYSOUTHDAKOTA.GOV**
Live better. Grow stronger.



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*.

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.*

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