

Working on Wellness

Monthly wellness from the
Department of Health | Healthy South Dakota Program

JUNE 2022

SUN SAFETY:

What You Need to Know



Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. There are many ways to protect yourself from the sun while working and playing outside. Skin cancer is the most common cancer in the U.S. Learn how to protect your skin from the sun by watching this [VIDEO!](#)

Add sun safety to workplace policies and trainings!

Visit [GoodandHealthySD](#) for your policy plan!

Healthy Summer

Healthy You!

Move It! Physical activity is one of the best medicines! Plan your vacation around being active such as hiking, swimming, biking, or kayaking.

Connect with Others! Social interaction is an important part of your health. Keep your mental health in check by spending time with loved ones.

Eat Healthy Food! Not only are fruits & vegetables a healthy source of nutrients, eating the right ones will help you stay hydrated during the heat of summer. Add melons, lettuce, and cucumbers to keep you hydrated this summer.

SAVE THE DATE: AUGUST 12, 2022

WorkWell is partnering with the Department of Social Services to host the Suicide Prevention Conference on Friday, August 12th. We encourage all worksites to attend.

More details coming soon!



June Health Observances

June offers a variety of National Health Observances.

Here are a few to check out!

[Alzheimer's and Brain Awareness Month](#)

[PTSD Awareness Month](#)

[Safety Month](#)

[Cancer Survivors Day](#)

[Environment Day](#)

[Blood Donor Day](#)

--- Challenge Yourself ---

- PHYSICAL CHALLENGE: Fresh Air- Walk Outside 20 Minutes.
- EMOTIONAL CHALLENGE: Wire Less- Take a Break from Your Phone.
- SOCIAL CHALLENGE: Care Package- Send a Care Package to Someone.
- OCCUPATIONAL CHALLENGE: Top Priority- Create a Daily to Do List.
- FINANCIAL CHALLENGE: Great Deal- Comparison Shop.
- PURPOSE CHALLENGE: Do It- Do Something You've Been Putting Off.