

Working on Wellness

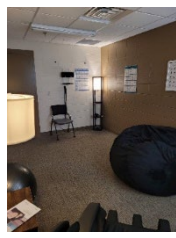
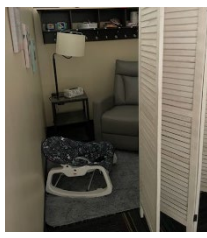
Monthly wellness from the
Department of Health | Healthy South Dakota Program

AUGUST 2022

Building a Healthier Worksites

Worksites across the state of South Dakota wrapped up the 2021-2022 WorkWell grant year promoting healthy lifestyles by preventing, reducing, and managing chronic disease through worksite environmental and policy change.

CPR/AED Training, Breastfeeding Support, Stress Reduction and Healthier Beverages were a few of the interventions implemented within the worksite setting amongst employees. A few pictures of success were shared!



Webinars

[Workplace Culture](#)

[Emotional Health](#)

[Financial Well-being](#)



NEW Funding Opportunities:

Throughout the year, grants are made available to help communities, schools, organizations, and businesses in South Dakota promote and encourage physical activity, healthy eating, and overall health and wellness. Check out these new opportunities from the Department of Health:

[Breastfeeding Friendly Business Grant](#)

[Harvest of the Month Grant](#)

988 SUICIDE & CRISIS LIFELINE 

The Newest Three Digit Number

On July 16th, 2022, **988** became the national three-digit phone number for all mental health, substance use, and suicide crises.

TIPS for Reducing Flexible Spending



Did you know that back in 2021, if you stacked the total U.S. household debt in \$1 bills it would reach the moon and back twice! Reducing spending can take the stress off! There are several tips you can learn from [Debt.org](#).

GASOLINE! Plan your trips, carpool, walk or bike, and reduce activities such as going out to eat or driving home for lunch.

FOOD! Shop with a list, use coupons and plan your meals.

ADDITIONAL: Limit credit card purchases and involve family before purchasing.

August Health Observances

August offers a variety of National Health Observances. Here are a few to check out!

[Immunization Awareness](#)

[Breastfeeding](#)

[National Farmers Market](#)