

State of Wisconsin Wellness News

August 2026

Simple Strategies for Managing Everyday Pain

Whether it's an occasional headache, sore muscles after yard work, or ongoing back, neck, or joint pain, most of us experience pain at some point. While a little pain is a normal part of life, it doesn't have to hold you back from doing the things you love the most.

One of the most effective ways to manage pain is to stay as active as your body allows. Gentle movement, stretching, walking, swimming, or other low-impact activities can help improve flexibility, strengthen muscles, and reduce stiffness overtime.

Daily habits can also play a role in managing pain. Getting enough sleep, managing stress, staying hydrated, eating a balanced diet, and maintaining good posture can all support your body's ability to recover and function at its best. Many people find relief through techniques like deep breathing, mindfulness, yoga, massage or applying heat or ice, depending on the type of pain. As always, you should always consult your healthcare provider before starting a new exercise routine.

If pain persists, becomes severe, or begins to interfere with your work or daily living activities, don't ignore it. A healthcare provider can help identify the underlying cause and recommend treatment options that may include physical therapy, medication, lifestyle changes, or other approaches tailored to your needs.

Find More Support – Consider resources such as your agency's safety and risk department to discuss ergonomic friendly options to reduce pain at work. Organizations like the [Cleveland Clinic](#) and [U.S. Pain Foundation](#) have great online resources, too! If you're enrolled in the State Group Health Insurance Program, you may be eligible for Kaia, a digital pain management program through Well Wisconsin that offers personalized exercises, education and coaching through an on-demand platform. Visit the Well Wisconsin portal for more details.

Well Wisconsin

August is National Immunization Month!



Vaccinations are personal decision. Recommendations may vary based on your age, health history, and lifestyle. Talking with a trusted healthcare provider can help you make informed decisions that are right for you!

For most people, an annual flu vaccine is recommended to help reduce the risk of seasonal influenza. Flu vaccines are now becoming available at many pharmacies, clinics, and health care providers, making it a great time to plan for fall flu season. Employees enrolled in the State of Wisconsin Group Health Insurance Program can receive a covered flu vaccine through their healthcare provider, or one of the many employer sponsored flu clinics happening across the state.

Check out the [Well Wisconsin portal](#) for flu clinic locations and details. Those not on the state health plan should contact their insurance provider for information on receiving a flu vaccine.

EAP Corner

EAP Spotlight: Financial Consultation with an EAP Money Coach

If you have questions about your finances or are looking for personalized guidance, the State Employee Assistance Program (EAP) offers a free, 30-minute consultation with a financial coach. They can offer support on topics such as budgeting, debt management, tax preparation, retirement planning, estate planning, and more. The [EAP web portal](#) also includes a variety of online tools and resources to explore!

LEARN MORE ABOUT THE EAP

Elevate Wisconsin®: The Course to Financial Security

Navigating Changes to Federal Student Loan Borrowing



With recent changes to the federal student loan program, you may be rethinking your budget or long-term financial goals. Elevate Wisconsin® provides tools and resources to help you navigate student loan repayment, explore education funding options, and strengthen your overall financial well-being through practical budgeting and financial planning resources. Visit the Elevate Wisconsin® website to explore all the available tools and articles.

Supported by the [Governor's Council on Financial Literacy and Capability](#) and the [Wisconsin Department of Financial Institutions \(DFI\)](#), Elevate Wisconsin® provides trustworthy, unbiased content that does not try to sell products or services. All State of Wisconsin employees and their families can access this free benefit 24 hours a day, seven days a week. If you have questions, please contact the DFI Office of Financial Literacy Director David Mancl at David.Mancl@dfi.wisconsin.gov.

Monthly Mental Health Boost

Finding the Silver Lining Practice

Looking on the bright side doesn't mean ignoring difficult emotions or pretending everything is okay. Instead, it's about recognizing that even challenging situations can offer opportunities for growth, perspective, or gratitude. In just 10 minutes a day, the [Greater Good Science Center's Finding the Silver Linings practice](#) guides you through a simple exercise designed to build optimism and resilience by acknowledging life's challenges while also making space for the positives that can emerge along the way. Give it a try this month and see what silver linings you discover along the way.



State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar with one of our trusted well-being partners.

Click each title to view course details and to register.

Date	Time	Event	Host
On-going	On-Demand	Well Wisconsin Radio Podcasts	Well Wisconsin
On-going	On-Demand	Well Wisconsin Recorded Webinars	Well Wisconsin
On-going	On-Demand	Group Fitness Classes	Well Wisconsin
On-going	On-Demand	EAP Recorded Webinars	EAP
Every Tue	11:30am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thu	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
August 11	12:00pm-1:00pm	Everyday Choices to Lower Cancer Risks	Well Wisconsin
August 12	12:30pm – 1:30pm	Sleep Basics	EAP
August 14	12:00pm – 12:15pm	Lunchtime Boost: Full Body Stretch	Well Wisconsin
August 19	11:00am – 12:00pm	2026 Well-being Series for Leaders: Manager’s Guide to Check-in Conversations	EAP
Wednesdays, August 19 - Sep 23	12:00pm – 1:00pm	Workshop: Healthy Aging	Well Wisconsin
Thursdays, August 27 - Sep 24	12:00pm-12:45pm	Cooking Series: Back to School Cooking for Busy Families	Well Wisconsin
Varies	Varies	September Well Wisconsin Events	Well Wisconsin
September 3	12:00pm – 12:45pm	Getting to Know Your EAP	EAP
September 9	11:00am – 12:00pm	Investing in their Future: The Power of a 529 College Savings Plan with Edvest	Enterprise Wellness
September 9	12:30pm – 1:30pm	Managing Priorities to Maximize Your Day	EAP
September 11	12:00pm – 12:15pm	Lunchtime Boost: Mindfulness	Well Wisconsin
September 14	1:00pm – 1:45pm	Getting To Know Your EAP: Manager	EAP
September 22	11:00am – 12:00pm	Keeping Your Aging Loved Ones Safe	EAP
September 23	11:00am – 12:00pm	2026 Well-being Series for Leaders: Suicide Prevention and Awareness for Managers	EAP
September 24	12:00pm – 1:00pm	ELEVATE Manager Series: Speaking Candidly with Your Team	Well Wisconsin

Stay informed! Receive this newsletter, resources, and learning opportunities directly by joining our mailing list. Email wellness@wisconsin.gov to sign up.

Newsletter produced by the Bureau of Equity and Inclusion for State of WI employees.

