

State of Wisconsin Wellness News

April 2026

April is Alcohol Awareness Month

April is Alcohol Awareness Month, a time to increase understanding about how alcohol affects our health, relationships, and overall well-being.

Alcohol is part of many social traditions and celebrations, especially here in Wisconsin. While use is prevalent and normalized, alcohol affects nearly every system in the body. Even small amounts can impact sleep quality, increase anxiety the next day, affect concentration, and elevate blood pressure. Over time, higher levels of alcohol use can be associated with increased risk of certain cancers, heart disease, liver disease, and depression.



Understanding these effects doesn't mean you need to make dramatic changes. Awareness gives you the information you need to decide what feels right for you. If you're curious about your own patterns, consider:

- How does alcohol affect your sleep, mood, or energy?
- Do you feel in control of when and how much you drink?
- Are there situations where you'd like to make a different choice?

There's no one-sized-fits-all approach. For some, that may mean cutting back. For others, it may mean setting boundaries, taking a short break, or simply being more mindful.

If you'd like support, confidential resources are available through the Employee Assistance Program, Well Wisconsin health coaching, or your healthcare provider. Another great educational resource is the [Drinking Less Alcohol for Better Health interactive exercise](#) from the Wellness Alliance. Whether you're exploring moderation, sobriety, or just gathering information, support is there when you need it.



Well Wisconsin

Join us for the Lunchtime Boost

On the second Friday of every month, join us for our virtual wellness break series, aka the Lunchtime Boost! The monthly session lasts 15 minutes and features a stretching, movement, or mindfulness break. You can find the [Lunchtime Boost recordings](#) from earlier this year, or [complete the registration form](#) to join us live each month.

EAP Corner

EAP Spotlight: Work-Life Services

Most of us are balancing a lot. When something comes up, like finding childcare, exploring options for our older family members, or navigating education and our personal well-being, it can take more time and energy than we have to give. The Employee Assistance Program includes Work-Life and Convenience Services designed to ease that burden. You can connect with a professional who will listen to what you need and provide personalized information and referrals, so you don't have to sort through it alone. It's a practical benefit that can help reduce stress, simplify next steps, and free up valuable time for the things that matter the most.

[LEARN MORE ABOUT THE EAP](#)

Elevate Wisconsin®: The Course to Financial Security

April is Financial Literacy Month



Tip of the Month

with  **ELEVATE
WISCONSIN**

Have you ever wondered if you're making the best choices with your money, or wished you had a clearer picture of your financial options? Financial Literacy Month is a great reminder to pause and focus on your financial well-being. Financial literacy isn't about understanding complex financial jargon or investments; it's about understanding your options, planning, and feeling confident in the decisions you make every day.

The Elevate Wisconsin® program is a helpful resource for employees, offering practical tools and guidance to strengthen your financial knowledge and skills. Whether you're brushing up on the basics or exploring new strategies, it's designed to help you make informed decisions and feel more confident about your financial future.

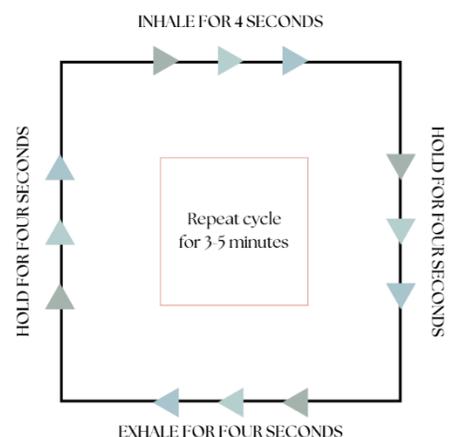
Supported by the [Governor's Council on Financial Literacy and Capability](#) and the [Wisconsin Department of Financial Institutions \(DFI\)](#). Elevate Wisconsin® provides trustworthy, unbiased content that does not try to sell products or services. All State of Wisconsin employees and their families 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

Box Breathing for Stress Relief

[Box breathing](#) is a simple, effective technique for managing stress and supporting mental well-being. The method involves inhaling for four counts, holding for four counts, exhaling for four counts, and holding again for four counts, creating a steady, calming rhythm. Practicing box breathing for just a few minutes can help reduce tension, slow your heart rate, and improve focus. It's a portable tool that can be used anytime, at your desk, before a meeting, or while winding down to reset your mind and support a sense of calm.

BOX BREATHING



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 Tuesday	11:30am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thursday	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Wednesdays, April 1 – May 6	12:00pm – 1:00pm	Diabetes Workshop: Preventing Complications & Building Sustainable Habits for Life	Well Wisconsin
April 8	11:00am – 12:00pm	2026 Well-being Series for Leaders: Resilient Leadership	Enterprise Wellness
April 8	12:30pm – 1:30pm	Caring For Aging Loved Ones	EAP
April 15	12:00pm – 1:00pm	Women’s Hormonal Health	Well Wisconsin
April 16	11:00am – 12:00pm	Managing Money in Tough Times	EAP
Varies	Varies	May Well Wisconsin Events	Well Wisconsin
May 6	10:00am – 10:45am	Getting to Know Your Employee Assistance Program (EAP)	EAP
May 13	11:00am – 12:00pm	2026 Well-being Series for Leaders: Mental Health: A Guide for Leaders	Enterprise Wellness
May 13	12:30pm – 1:30pm	Staying Strong and Resilient	EAP
May 14	12:00pm – 1:00pm	Managing Fear and Anxiety in Children	EAP
May 20	10:00am – 10:45am	Getting to Know Your Employee Assistance Program for Managers	EAP
May 27	12:30pm – 1:30pm	Dealing with Prolonged Grief	EAP

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.