

State of Wisconsin Wellness News

July 2026

Finding Work-Life Harmony

Work-life harmony isn't about perfectly balancing every responsibility, commitment, and activity in your life. Some days work takes center stage, while other days family, personal needs, or unexpected challenges require more of your time and energy.

Rather than striving for a perfect balance, consider focusing on harmony — a way of living that reflects your priorities and supports your overall well-being. What creates harmony for one person may look very different for someone else. The key is finding a rhythm that works for you in this season of life.



If you're looking to create a little more harmony in your day-to-day routine, consider these ideas:

- **Take inventory:** Take a few minutes to reflect on what's working well and what feels out of alignment.
- **Protect time for what matters most:** Schedule time for activities, relationships, and habits that support your well-being.
- **Set realistic boundaries:** Give yourself permission to say no when necessary and create space between work and personal time when you can.
- **Focus on small changes:** Even minor adjustments, like taking a lunch break, going for a short walk, or ending your workday on time, can make a meaningful difference.
- **Ask for support:** When responsibilities feel overwhelming, reach out to trusted colleagues, friends, family members, or available resources like the [Employee Assistance Program](#).

Take a moment this month to reflect on your own sense of work-life harmony. What's one small change you can make to support your priorities and well-being better? Remember, well-being isn't about doing everything perfectly; it's about creating a sustainable rhythm that helps you thrive.



Well Wisconsin

Earn your \$150 Well Wisconsin Incentive!

Don't let your progress in the Well Wisconsin program take a summer break. If you haven't already, check off your summer bucket list by completing your health assessment, health check, and well-being activity. Getting started takes just a few minutes, and those who complete all three activities will earn the \$150 Well Wisconsin incentive! The deadline to complete the incentive is October 16, 2026!

EAP Corner

EAP Spotlight: Legal Consultation & Referral Services

Legal matters can feel stressful and overwhelming, especially when you're not sure where to start. The Employee Assistance Program (EAP) legal benefit is here to help. Employees and their household members can receive a free 30-minute consultation with an attorney, in person or by phone, per issue, per year. It's a simple way to get trusted guidance and take the first step in addressing a variety of personal legal matters.

[LEARN MORE ABOUT THE EAP](#)

Elevate Wisconsin®: The Course to Financial Security

Understanding Deepfake Scams in the Age of AI



Tip of the Month



As technology evolves, so do scams. One emerging trend is the use of AI-generated "deepfake" videos, voices, and messages that can make fraudulent requests seem real. As these scams get more sophisticated and convincing, they can be harder to detect.

Staying informed is one of the best ways to protect yourself. Take a few minutes to learn about deepfake scams by reading the [Understanding Deepfake Scams in the Age of AI](#) article on the Elevate Wisconsin website.

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Monthly Mental Health Boost

Building Boundaries with Mental Health America

Work-life harmony is supported by the boundaries we set in our daily lives and knowing what we can realistically take on, where our energy is best spent, and how we protect time for rest and personal priorities. This month's mental health boost focuses on building and strengthening those boundaries with support from [Mental Health America's Building Boundaries worksheet](#). This tool offers a simple way to reflect on where boundaries may be needed and how to establish and communicate them in a healthy, sustainable way. If you find it difficult to set boundaries, give the worksheet a try!

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 |
| Wednesdays, Jul 8 - Aug 12 | 12:00pm – 1:00pm | Diabetes Workshop: Sustaining Motivation | Well Wisconsin |
| Jul 8 | 12:30pm-1:30pm | Understanding Your Immune System | EAP |
| Jul 10 | 12:00pm – 12:15pm | Lunchtime Boost: Desk Strength | Well Wisconsin |
| Jul 16 | 11:00am – 12:00pm | Financial Fitness | EAP |
| Jul 21 | 10:00am – 11:00am | Mindfulness for Stress Relief | Enterprise Wellness |
| Jul 22 | 11:30 pm – 12:30pm | One Life: Empowering Your Journey to True Balance | EAP |
| Aug 11 | 12:00pm-1:00pm | Everyday Choices to Lower Cancer Risks | Well Wisconsin |
| Aug 12 | 12:30pm – 1:30pm | Sleep Basics | EAP |
| Aug 14 | 12:00pm – 12:15pm | Lunchtime Boost: Full Body Stretch | Well Wisconsin |
| Aug 19 | 11:00am – 12:00pm | 2026 Well-being Series for Leaders: Manager’s Guide to Check-in Conversations | EAP |
| Wednesdays, Aug 19 - Sep 23 | 12:00pm – 1:00pm | Workshop: Healthy Aging | Well Wisconsin |
| Thursdays, Aug 27 - Sep 24 | 12:00pm-12:45pm | Cooking Series: Back to School Cooking for Busy Families | Well Wisconsin |

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