

# State of Wisconsin Wellness News

June 2026

## Step Outside: June is Great Outdoors Month

Spending time outdoors isn't just a nice break; it's a simple way to support your overall well-being. Research shows that time in nature can help reduce stress, improve mood, boost energy, and enhance focus. It can also support better sleep and provide a natural reset during busy or demanding days. Even just a few minutes outside can help you feel more grounded and refreshed.

The best part is that it doesn't require a huge time commitment or change in routine. Spending time outdoors can be simple, flexible, and fit into your day in ways that work for you.

Try weaving small moments of outdoor activity into your routine:

- Take a short walk during a break or after a meal
- Step outside for a few minutes of fresh air between meetings
- Take a meeting or phone call outdoors
- Stretch, garden, or spend time outside with family or pets
- Visit a local park or green space when you have a little extra time



Here in Wisconsin, we're fortunate to have access to beautiful parks, lakes, trails, and green spaces in every corner of the state. Whether it's a quick walk around your neighborhood, a visit to a nearby state park, or time spent enjoying the water, take advantage of what's right outside your door! You can also mark your calendar for [Free Fun Weekend](#) hosted by the Wisconsin Department of Natural Resources. For the first weekend every June, you can explore all of Wisconsin's state parks, forests, and trails with all state park admission fees, fishing licenses, and trail passes waived.



## Well Wisconsin

*Summer fun with Well Wisconsin*

Summer is the perfect time to refresh your well-being routine, and Well Wisconsin has plenty of opportunities to help you stay connected to your goals all season long. Starting in June, explore cooking classes featuring seasonal Wisconsin produce, a webinar on understanding burnout, fitness classes, and mindful moments with a quick Lunchtime Boost. [Check out](#) everything happening throughout the summer!

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## EAP Corner

*EAP Spotlight: Acentra Connect App*

Connect with resources that support your well-being, right on your mobile device! New for 2026, the Acentra Connect app delivers on-demand resources to help you manage your well-being with useful tips, relevant articles, assessments, and motivational exercises. You can also live-chat with an EAP counselor for immediate support and referrals. Acentra Connect is available for download in the Apple App Store and Google Play Store. Use company code SOWI to create your profile.



Scan the QR code to download the *Acentra Connect* mobile app.



[LEARN MORE ABOUT THE EAP](#)

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## Elevate Wisconsin®: The Course to Financial Security

*Keep Summer Spending in Check*



Summer can bring extra expenses, from travel, activities, and higher utility and fuel costs, making it easy to overspend without realizing it. One simple strategy is to adjust your budget for the season by planning ahead for these changes and identifying a few areas where you can scale back. Small shifts can add up to big savings over time, like packing meals instead of eating out or choosing free outdoor activities.

If you haven't already, take a few minutes to track your spending and what's most important to you. Using tools from [Elevate Wisconsin®](#), you can create a simple spending plan to help you stay on track, reduce financial stress, and make room for the things you enjoy most this summer.

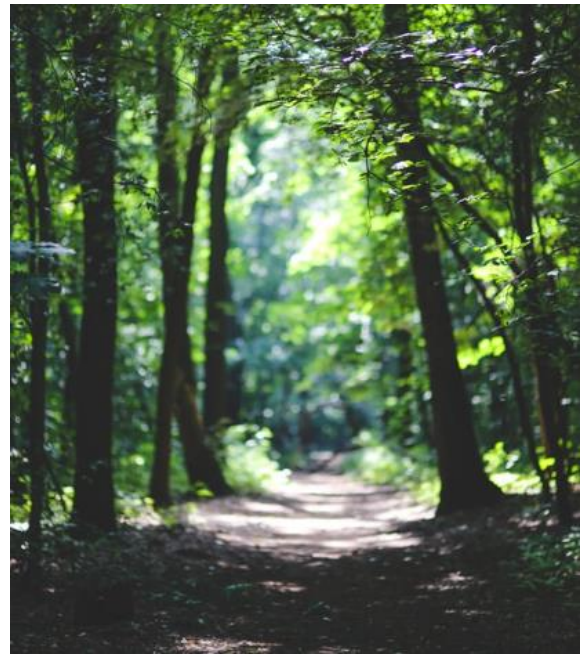
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# Monthly Mental Health Boost

*Grounding in Nature: A Simple Way to Restore Mental Balance*

Grounding in nature, sometimes called “earthing,” is a simple yet powerful way to reconnect with the present moment by engaging directly with the natural world through touch, attention, or awareness. This practice can help to calm racing thoughts, reduce stress, and restore a sense of mental balance. You can incorporate grounding into physical activity by walking barefoot in the grass, stretching outdoors, sitting under a tree after a hike, or even spending time gardening. As you do, bring your attention to your senses. Notice the feel of the ground beneath you, the sounds around you, or the rhythm of your breath. For a quick reset, try taking a five-minute outdoor break. Stand with your feet firmly on the ground, take a few slow, deep breaths, and notice three things you can see, three things you can hear, and three things you can feel.



## 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	<a href="#">Well Wisconsin Radio Podcasts</a>	Well Wisconsin
On-going	On-Demand	<a href="#">Well Wisconsin Recorded Webinars</a>	Well Wisconsin
On-going	On-Demand	<a href="#">Group Fitness Classes</a>	Well Wisconsin
On-going	On-Demand	<a href="#">EAP Recorded Webinars</a>	EAP
Every Tues	11:30am – 12:00pm	<a href="#">Weekly Mindfulness Practice with Dan Tyler</a>	Enterprise Wellness
Every Thurs	11:00am – 11:40am	<a href="#">Weekly Mindfulness Practice with Dan Tyler</a>	Enterprise Wellness
Varies	Varies	<a href="#">June Well Wisconsin Events</a>	Well Wisconsin
June 10	11:00am – 12:00pm	<a href="#">2026 Well-being Series for Leaders: Compassionate Leadership</a>	Enterprise Wellness
June 10	12:30pm – 1:30pm	<a href="#">Parenting Your Teen: Career and Life Goals</a>	EAP
June 18	12:00pm – 1:00pm	<a href="#">Elevate Manager Training: Prioritizing Time to Promote Effectiveness</a>	Well Wisconsin
June 18	1:00pm – 2:00pm	<a href="#">Mindfulness for Stress Relief</a>	Enterprise Wellness
Wednesdays, Starting July 8	12:00pm – 1:00pm	<a href="#">Diabetes Workshop: Sustaining Motivation</a>	Well Wisconsin
July 8	12:30pm-1:30pm	<a href="#">Understanding Your Immune System</a>	EAP
July 10	12:00pm – 12:15pm	<a href="#">Lunchtime Boost: Desk Strength</a>	Well Wisconsin
July 16	11:00am – 12:00pm	<a href="#">Financial Fitness</a>	EAP
July 21	10:00am – 11:00am	<a href="#">Mindfulness for Stress Relief</a>	EAP
July 22	11:30pm – 12:30pm	<a href="#">One Life: Empowering Your Journey to True Balance</a>	EAP

**Stay informed!** Receive this newsletter, resources, and learning opportunities directly by joining our mailing list. Email [wellness@wisconsin.gov](mailto:wellness@wisconsin.gov) to sign up.

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

