

State of Wisconsin Wellness News

May 2026

Mental Health at Work: What Actually Helps?

Conversations about mental health at work are more common than ever, but stigma and uncertainty can still make it difficult to know what to say, what to do, or where to start. Many employees and managers are left wondering: What actually helps with mental well-being at work?

The answer isn't one-size-fits-all. That said, strategies to support mental health don't require big, overwhelming changes; it comes down to small, practical actions that can help us manage stress, stay connected, and respond early when challenges arise.

Here are a few simple, but effective ways to support your mental well-being throughout the workday:

- **Take short, intentional breaks:** Even a few minutes to step away, stretch, or get some fresh air can help reset your focus and energy, especially during busy or stressful periods.
- **Set realistic boundaries:** Protecting your time and energy can help reduce feelings of overwhelm and help prevent burnout before it builds. This protection might look like blocking time for focused work or stepping away at the end of your workday – no checking emails into the night!
- **Check in with yourself:** If you're feeling more irritable, unfocused, or drained than usual, it may be an early sign of stress or burnout. Taking a moment to ask, "What do I need right now?" can help you calibrate before it escalates.
- **Stay connected:** Mental health challenges can feel isolating. Reaching out to a colleague, joining a team or activity, or simply having a conversation can make a meaningful difference.
- **Use available resources:** Whether it's the Employee Assistance Program, Well Wisconsin, or other state benefits, support is available and reaching out is a sign of strength.

Supporting mental health at work isn't about doing everything perfectly. It's about building awareness, reducing stigma, and creating a culture where seeking support is okay.

This Mental Health Awareness Month, consider one small step you can take, for yourself or a colleague, to make mental health at work something we actively support every day.



Well Wisconsin

Getting to know the Mental Health Benefits Through Well Wisconsin

Supporting your mental health doesn't have to be complicated. If you're enrolled in the State of Wisconsin Group Health Insurance Program, Well Wisconsin offers resources designed to help you manage stress, build resilience, and support your overall well-being. Whether you're looking for personalized support, tools to build healthy habits, or ways to navigate life's challenges, there are flexible options available to meet your needs.

To learn more about the mental health resources available, check out the [Well Wisconsin Mental Health Flyer](#).

EAP Corner

EAP Spotlight: Organizational Services for Leaders

Managers play a key role in fostering a healthy, productive workplace, and the Employee Assistance Program (EAP) provides resources to support them. Through the EAP's organizational services, leaders can get personalized guidance on supporting employee mental health, navigating difficult conversations, promoting team dynamics and morale, and creating a positive work environment, to name a few. These resources are confidential and designed to help those in leadership roles feel more confident in supporting their teams. To learn more, check out the [EAP Organizational Services flyer](#).

[LEARN MORE ABOUT THE EAP](#)

Elevate Wisconsin®: The Course to Financial Security

Mindfulness Meets Money: Reduce Stress, Gain Clarity



Financial stress can take a real toll on your overall well-being, but small moments of pause can make a meaningful difference. The [Elevate Wisconsin® Mindfulness Hub](#) offers guided exercises designed to help you feel calmer, more focused, and more in control of your finances. Taking a few minutes to reset and reflect can bring greater clarity and help ease stress along the way.

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

31 More Good Days, Together Calendar

This month, we're highlighting Mental Health America's [31 More Good Days, Together Calendar](#) to support you throughout Mental Health Awareness Month. It's filled with simple, practical tips to help you reflect and build on your habits, connections, and overall well-being. Use it as a guide throughout the month by trying a tip each day or jump in whenever it works for you.



Tune-In Tuesdays

Mental Well-being Webinar & Email Series

Join us for Tune-In Tuesdays, a four-part webinar and email series designed to help you build practical skills to support your mental well-being at work and home. Each week we'll host a live webinar and follow up with an email featuring resources, tip sheets, and mental health tools to support you.

- May 5** – Mentally Healthy Culture: A Focus on Workplace Well-being
- May 12** – Adaptability and Resilience: Thriving Through Change
- May 19** – Mindful Meditation
- May 26** – The Connection Between Mental Health and Exercise



All sessions are scheduled from 11:00am – 12:00pm and will be recorded. If you are unable to attend live, please sign up so you can receive the recording and resources. To view details and register, use the following link: [Tune-In Tuesdays](#).

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 Tues	11:30am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thurs	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Varies	Varies	May Well Wisconsin Events	Well Wisconsin
May 5	11:00am – 12:00pm	Tune In Tuesday's: Mentally Healthy Culture – A Focus on Workplace Well-being	EAP
May 6	10:00am – 10:45am	Getting to Know Your Employee Assistance Program (EAP)	EAP
May 12	11:00am – 12:00pm	Tune In Tuesday's: Adaptability and Resilience: Thriving Through Change	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 19	11:00am – 12:00pm	Tune In Tuesday's: Mindful Meditation	EAP
May 20	10:00am – 10:45am	Getting to Know Your Employee Assistance Program for Managers	EAP
May 26	11:00am – 12:00pm	Tune In Tuesday's: The Connection Between Mental Health and Exercise	EAP
May 27	12:30pm – 1:30pm	Dealing with Prolonged Grief	EAP
May 29	11:00am – 12:00pm	Investing In Their Future: The Power of a 529 College Saving Plan with EdVest	Enterprise Wellness
Varies	Varies	June Well Wisconsin Events	Well Wisconsin
June 10	11:00am – 12:00pm	2026 Well-being Series for Leaders: Compassionate Leadership	Enterprise Wellness
June 10	12:30pm – 1:30pm	Parenting Your Teen: Career and Life Goals	EAP
June 18	12:00pm – 1:0pm	Elevate Manager Training: Prioritizing Time to Promote Effectiveness	Well Wisconsin
June 18	1:00pm – 2:00pm	Mindfulness for Stress Relief	Enterprise Wellness

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.