

State of Wisconsin Wellness News

March 2026

Plant Powered Nutrition: Protein

Protein is trending everywhere from social media, food labels, and conversations about energy, strength, and overall health. While protein is essential for muscle repair, immune function, and staying satisfied between meals, it's often assumed that animal products are the only way to get enough to meet your goals. The truth? Plants bring plenty of protein to the table!

Plant-based protein sources offer more than just protein. They are typically rich in fiber, vitamins, minerals, and antioxidants that support heart health, digestion, and long-term well-being. Common plant-based protein sources include beans and lentils, tofu, tempeh, quinoa and oats, nuts and seeds, and foods like hummus and nut butters. For example, a cup of cooked lentils provides about 18 grams of protein, and tofu can offer 10-20 grams per serving.



It's important to note that some plant-based protein sources may be lacking in one or more essential amino acids, but eating a variety of plant foods throughout the day helps ensure you get the amino acids your body needs. Additionally, you do not need to be fully plant-based to see the benefits. Adding a few plant-forward meals each week can support your health, add variety to your meals, and expand what high protein eating can look like.

For more information explore [Colorado State University's plant-based protein guide](#). You might also enjoy the [plant-based protein recipes from Eating Well](#).

Whether you follow a plant-based diet or simply want to add more variety to your meals, plant proteins are a powerful and flexible option.



Well Wisconsin

Try Health Coaching with Well Wisconsin

Health coaching through Well Wisconsin is a flexible and confidential way to support your well-being, even if you are unsure where to start. Sessions can be done over the phone or via the Well Wisconsin portal Coach Connect. One coaching session can count as your health check completion. Complete two more to complete the well-being activity for your 2026 incentive! Check out the [Coach Connect flyer](#) for more details and to see if working with a Well Wisconsin Health Coach is a good fit for you!

EAP Corner

EAP Spotlight: In The Moment Support

Life can get heavy, and sometimes you just need someone to talk to in the moment. The Employee Assistance Program is there for just that. If you are feeling overwhelmed, stuck in your thoughts, or dealing with a tough situation, you can call the EAP for in the moment, confidential support. Behind every call or chat is a licensed clinician trained in telemental health to help you in your time of need. They will help you slow things down, talk through it, and connect you with counseling or other appropriate resources if needed. Sometimes a simple conversation can make a big difference!



[LEARN MORE ABOUT THE EAP](#)

Elevate Wisconsin®: The Course to Financial Security

Take Charge of Debt Management



Tip of the Month



Feeling overwhelmed by debt? You're not alone. Many people struggle with managing debt, but the good news is, it's never too late to take control and build a brighter financial future.

Elevate Wisconsin® offers several educational resources to support debt management, including their [Start Here Guide](#) to help take the first step. Along with other tools and resources, Elevate Wisconsin® can help you build confidence, make informed decisions, and move towards stronger financial well-being.

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

Mindful Eating Practice



This month, our mental health boost is all about mindful eating. Mindful eating is the intentional slowing down and paying full attention to the experience of eating, including taste, texture, and how your body feels. Research shows that mindful eating, like other mindful practices, can help reduce stress, increase awareness of hunger and fullness, and help build a healthier relationship with food. A simple way to try this is with the [raisin exercise from the Greater Good Science Center](#). This short practice guides you through all the senses engaged through eating with the intention of being present in the moment. Give it a try next time you have a snack or meal and notice what you experience when you slow down.

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
Ongoing	On-Demand	Well Wisconsin Radio Podcasts	Well Wisconsin
Ongoing	On-Demand	Well Wisconsin Recorded Webinars	Well Wisconsin
Ongoing	On-Demand	Group Fitness Classes	Well Wisconsin
Ongoing	On-Demand	EAP Recorded Webinars	EAP
Every Tuesday	11:40am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thursday	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Varies		February Well Wisconsin Events	Well Wisconsin
Varies		March Well Wisconsin Events	Well Wisconsin
March 5	9:00am-9:45am	Getting to Know Your EAP	EAP
March 10	10:00am-10:45am	Getting to know Your EAP for Managers	EAP
March 11	12:30pm-1:30pm	How to Communicate Effectively	EAP
March 19	11:00am-12:00pm	Personal Finance Bootcamp – Session #3	EAP
March 24	11:00am-12:00pm	Healthy Kids	EAP
March 25	1:00pm-2:00pm	Mindfulness for Stress Relief	Enterprise Wellness
Varies		April Well Wisconsin Events	Well Wisconsin
April 8	11:00am-12:00pm	Well-being Series for Leaders	EAP
April 8	12:30pm – 1:30pm	Caring For Aging Loved Ones	EAP
April 16	11:00am-12:00pm	Managing Money in Tough Times	EAP

March Health Observances

Brain Injury Awareness Month
Developmental Disabilities Awareness Month
Endometriosis Awareness Month
National Colorectal Cancer Awareness Month
National Kidney Month
National Nutrition Month®

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.