

Finding Harmony Between Work and Life

In today's fast-paced world, balancing work and personal life can feel like a juggling act. Instead of focusing on the idea of perfect balance, consider aiming for *work-life harmony*. This approach allows for flexibility, acknowledging that different aspects of life will take priority at different times.

Here are some tips to create more harmony in your day-to-day routine:

- **Set boundaries:** Clearly define your work hours and make time for activities that recharge you, whether it's spending time with family, exercising, or pursuing hobbies.
- **Prioritize self-care:** Taking care of your mental and physical well-being will help you show up as your best self in both personal and professional settings.
- **Be flexible:** Some days, work may demand more of your time, while other days allow for personal commitments. Adjusting your expectations can reduce stress and lead to a greater sense of fulfillment.

Remember, it's about finding a rhythm that works for you. By fostering work-life harmony, you'll feel more empowered to achieve both your professional and personal goals.



**The Well Wisconsin Program is a voluntary program available to employees and spouses participating in the State of Wisconsin Group Health Insurance Program.*

Well Wisconsin Events: November 2024

November is Lung Cancer Awareness Month. Join us on November 14 from 11:00am – 11:45 am for a virtual webinar, [Breathing Easy During Lung Cancer Awareness Month](#). In this session we will examine the types and causes of lung cancer, discuss effects of tobacco and strategies for tobacco cessation and learn about radon and indoor air quality, all important factors that affect lung health.

Financial Tip of the Month: Reduce Financial Stress

November 1 is Stress Awareness Day, a reminder that stress can come from many aspects of life. According to a MetLife Study, 34% of employees cite personal finances as a major source of stress. If financial worries are weighing you down, you're not alone. The [ELEVATE Wisconsin™ Platform](#) offers valuable resources to help ease financial stress and set you up for future success.



Supported by the Governor's Council on Financial Literacy and Capability, ELEVATE Wisconsin provides trustworthy and unbiased content that does not try to sell products and services. This resource is available 24 hours a day, seven days a week; employees can create an account and access this FREE benefit by visiting the [ELEVATE Wisconsin website](#) or scanning the QR code to access these fantastic resources.

State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar from one of our trusted well-being partners. Click each title for course details and registration.

MONTH	HOST	TITLE	DATE	TIME
Ongoing	Well Wisconsin	Well Wisconsin Radio Podcasts	On-Demand	
	Well Wisconsin	Recorded Webinars	On-Demand	
	EAP	Recorded Webinars	On-Demand	
	Enterprise Wellness	Drop-In, Weekly Mindfulness Practice with Dan Tyler	Ongoing	Every Tuesday 11:40 am – 12:00 pm Add to Calendar
November	EAP	Holiday Survival Guide	Nov 13, 2024	12:30 pm – 1:30 pm
	Well Wisconsin	Breathing Easy During Lung Cancer Awareness Month	Nov 14, 2024	11:00 am – 11:45 am
	EAP	Financial Well-being: Social Security Retirement Planning	Nov 21, 2024	11:00 am – 12:00 pm
	EAP	Holiday Podcast Series: Wellness Tips for a Joyful Season	Series features 5, 10-minute-long podcasts. Links will be emailed weekly, beginning November 25.	
December	EAP	Getting to Know Your EAP	Dec 4, 2024	1:00 pm – 1:45 pm
	Enterprise Wellness	Introduction to Mindfulness	Dec 5, 2024	12:00 pm – 1:00 pm
	Well Wisconsin	Understanding Seasonal Affective Disorder (SAD)	Dec 5, 2024	12:00 pm – 12:45 pm
	EAP	Navigating Decisions as a Family	Dec 11, 2024	12:00 pm – 1:00 pm
	EAP	The Connection Between Exercise and Mental Health	Dec 11, 2024	12:30 pm – 1:30 pm

November Health Observances

[Gratitude Month](#)

[American Diabetes Month](#)

[Lung Cancer Awareness Month](#)

[Healthy Skin Month](#)

[COPD Awareness Month](#)

[Pancreatic Cancer Awareness Month](#)

[Stomach Cancer Awareness Month](#)

[Epilepsy Awareness Month](#)

[World Kindness Day – November 13](#)

[Great American Smokeout – November 16](#)
