

State of Wisconsin Wellness News

November 2026

Article Share: Why Downtime Is Essential for Your Health



In our always-on culture, it's easy to forget how important downtime is for our overall well-being. Taking time to slow down and recharge isn't something we have to earn; it's something we all need.

This month, take a few minutes to explore why downtime matters by reading the article, "[Why Downtime Is Essential for Your Health](#)." Here, you can take a deeper dive into what downtime really means and how to incorporate it into even the busiest of schedules.

Well Wisconsin

Wellness On-Demand

The 2026 Well Wisconsin program may be over, but you don't have to wait until next year! Catch up on virtual events, like workshops, webinars, and cooking classes in the [Well Wisconsin On-Demand Library](#). Also, check out the [fitness class library](#), which includes yoga, Pilates, bodyweight strength, resistance bands, chair fitness, and more!



EAP Corner

EAP Spotlight: Eligibility for EAP Services

Did you know that EAP services are available not only to you as a State of Wisconsin employee, but also to your household members? This may include a spouse or partner, dependents, roommates, and other family members living in your home. The benefit also extends to employees who have retired or left state employment for any reason for one year after they leave employment. If you or someone in your household is dealing with stress, relationship concerns, financial questions, or needs to talk with someone, EAP is a confidential resource. Consider sharing EAP information with your household members and encourage them to take advantage of the support available to them, too. The [Contact EAP website](#) is a great resource to share and details all the important information they need to know about the benefit and how to get started.

[LEARN MORE ABOUT THE EAP](#)

Elevate Wisconsin®: The Course to Financial Security

Navigating the Financial Side of Caregiving



November is National Family Caregivers Month. Caring for an aging family member or loved one can add responsibilities and, sometimes, unexpected expenses. From understanding benefits and insurance, to planning for long-term care and other costs, knowing what resources are available can make these decisions a little bit easier. The [Elevate Wisconsin® portal](#) offers a variety of educational materials to help you learn more about caregiving-related topics, from the financial costs of caregiving to helping a loved one with financial planning at any age.

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

Digital Detox Tips

Digital device addiction is real and can have unexpected consequences. Research shows that about 61% of people admit they are addicted to the internet and digital screens. Another 25% of smartphone owners between the age 18-44 don't remember the last time their phone wasn't right next to them. While devices play an important role in our daily lives, not only for entertainment but also for important communication and connection, they can also come at a cost. Having a plan to take regular screen breaks or "detox" can support healthier habits, better sleep, and a calmer nervous system. Practices like scheduled breaks from your device, app-usage tracking tools, and adjusting notification settings can help you disconnect.

Find more information and tips in the [Digital Detox: What to Know](#) article from WebMD Health Services and consider one small change you can implement to support healthier digital habits.



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	11:40am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thu	11:00am – 11:20am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Wednesdays, Nov 4 – Dec 16	12:00pm – 1:00pm	Cooking Class - Knead to Nourish: Bread Baking for Wellness	Well Wisconsin
November 4	12:00pm – 1:00pm	My Retirement: A Financial Health Workshop	EAP
November 11	12:30pm – 1:30pm	Living with Gratitude	EAP

November 13	12:00pm – 12:15pm	Lunchtime Boost: Stability Yoga	Well Wisconsin
November 18	12:00pm – 1:00pm	Fostering Resiliency to Prevent Burnout	Well Wisconsin
November 19	12:00pm-1:00pm	Helping Our Children Achieve Their Dreams	EAP
Varies	Varies	December Well Wisconsin Events	Well Wisconsin
December 1	9:00am – 9:45am	Getting to Know Your EAP	EAP
December 1	10:00am – 10:45am	Getting to Know Your EAP For Managers	EAP
December 9	12:30pm – 1:30pm	How to Forgive and Let Go	EAP
December 16	11:00am – 12:00pm	NEW DATE: 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.