

STATE OF WISCONSIN

WELLNESS NEWS

APRIL 2025

Embracing Earth Month: Enhancing Your Environment

April is Earth Month, a time to reflect on our relationship with the environment and its impact on our health. Our surroundings, both natural and built, play a significant role in our well-being, influencing everything from the air we breathe to the quality of our indoor spaces.

There are several actionable ways to assess and boost your environmental well-being right in the spaces you frequent the most.

- **MAKE YOUR HOME HEALTHIER**
 - **Clear Out Toxins:** Be mindful of chemicals in household products. Opt for [“Safer Choice”](#) or [non-toxic](#) cleaning agents and ensure proper ventilation when using them.
 - **Reduce Allergens:** Regularly wash bedding in hot water and vacuum floors weekly to minimize allergens.
- **STAY SAFE DURING HOT WEATHER**
 - **Hydration:** Drink plenty of water before, during, and after outdoor activities.
 - **Activity Timing:** Avoid strenuous outdoor activities during peak heat hours.
- **IMPROVE AIR QUALITY**
 - **Indoor Air:** Use vent fans in moisture-prone areas like bathrooms to prevent mold growth.
 - **Outdoor Air:** Check your region’s air quality index at [AirNow](#). Limit outdoor activities when air quality is poor.
- **CELEBRATE EARTH DAY ON APRIL 22**
 - **Participate in Local Events:** Join [community clean-ups](#), tree-planting initiatives, or educational workshops.
 - **Learn about Renewable Energy:** Educate yourself on [sources of renewable energy](#).

By integrating these practices into your daily routine, you contribute to a healthier environment and enhance your personal well-being. For a comprehensive guide on environmental wellness, explore the [Environmental Wellness Toolkit by the National Institutes of Health](#).

Well Wisconsin Events

APRIL 2025

April is Earth Month, making it the perfect time to focus on both your personal well-being and the world around you. Well Wisconsin is here to support your journey with [new opportunities](#) to refresh your wellness routine.



This month, join the "Wellness from Within" challenge, designed to help you prioritize self-care, mindfulness, and healthy habits. Stay active with a variety of virtual fitness classes, offering a great way to boost your energy and movement. For a unique experience, don't miss the [onsite foraging for natural foods event](#), where you can explore nature while learning to identify and harvest edible plants.

Remember, participating in Well Wisconsin activities can help you qualify for the \$150 Well Wisconsin incentive! Visit webmdhealth.com/wellwisconsin to learn more.

EAP Corner

ALCOHOL AND SUBSTANCE USE AWARENESS

Alcohol and substance use significantly impact health, relationships, and overall well-being. According to the Wisconsin Department of Health Services, Alcohol is the most used addictive substance in Wisconsin. Whether you're looking to make a change, support a loved one, or learn more, the Employee Assistance Program (EAP) offers confidential counseling, educational resources, and referrals to help. If you or someone you know needs support, [reach out to the EAP](#) for free, confidential assistance. Taking the first step toward awareness and help can make all the difference.

[LEARN MORE ABOUT THE EAP](#)



Financial Literacy Month

April is National Financial Literacy Month. Financial literacy encompasses a range of skills, including budgeting, saving, investing, and managing credit, which are essential for navigating economic challenges and planning for the future. This month, take advantage of the numerous resources and programs available to boost your financial knowledge. For instance, [ELEVATE Wisconsin](#) offers free financial education tools and resources to help individuals at all stages of their financial journey.

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. Employees can access the FREE benefit 24 hours a day, seven days a week, and create an account by visiting the [ELEVATE Wisconsin website](#).

Monthly Mental Health Boost

PRACTICING WORK-LIFE HARMONY

Achieving work-life harmony is essential for maintaining mental health, as it helps reduce stress, prevent burnout, and enhance overall well-being. When personal and professional responsibilities are balanced, individuals experience improved emotional health, increased productivity, and greater job satisfaction. Engaging in activities that bring joy and fulfillment outside of work can significantly benefit mental health by reducing stress and improving mood.

For additional support in achieving work-life harmony, consider the following resources:



- [Workplace Mental Health Resources for Employees](#): Comprehensive list of resources from Mental Health America
- [Balancing Work and Family](#): Strategies to support a healthy balance.
- [MeQuilibrium](#): This online platform is available via the Well Wisconsin portal for State employees and their spouses who participate in the Group Health Insurance Program.

State of Wisconsin Employee Wellness Webinars

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

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
April 4	12:00pm – 1:00pm	Stress Management for Managers	EAP
April 9	12:30pm – 1:30pm	Eating Right on the Run and on a Budget	EAP
April 16	12:00pm – 1:00pm	Healthier Starts with You: Well Wisconsin Overview	Well Wisconsin
April 17	11:00am – 12:00pm	Handling Financial Stress	EAP
Varies		May Well Wisconsin Events	Well Wisconsin
Series features 5, 15-minute podcasts. Links to be emailed weekly beginning May 6.		Stronger Minds: Mental Health Awareness Month Podcast Series	EAP
May 14	12:30pm – 1:30pm	Fear and Anxiety: Moving Forward	EAP
May 15	12:00pm – 12:30pm	Getting to Know your EAP Overview	EAP
May 20	12:00pm – 1:00pm	Dealing with Change: Families	EAP

April Health Observances

NATIONAL ALCOHOL AWARENESS MONTH
NATIONAL CHILD ABUSE PREVENTION MONTH
STRESS AWARENESS MONTH
NATIONAL HUMOR MONTH
FINANCIAL LITERACY MONTH
SEXUAL ASSAULT AWARENESS MONTH
TESTICULAR CANCER AWARENESS MONTH
WORLD AUTISM AWARENESS DAY – APRIL 2
WORLD HEALTH DAY – APRIL 7
EARTH DAY – APRIL 22