

STATE OF WISCONSIN WELLNESS NEWS

August 2025

What does Well-being Mean to you?

We hear the word well-being a lot these days – in conversations, at work, and in headlines. But in the middle of all that noise, it's easy to lose sight of what well-being means to you.

Well-being isn't a one-size fits all prescription. It can be as simple as slowing down when life feels hectic, making space for joy, setting healthy boundaries, or reconnecting with something that gives you purpose. It may involve caring for your physical health, mental and emotional well-being, or your relationships. Perhaps it's simply a matter of finding time to rest.

Whatever it looks like, your well-being matters! You don't need a perfect plan or major life overhaul. Sometimes the most meaningful changes come from small, thoughtful shifts in how we move throughout the day. Ask yourself:

- What helps me feel grounded and supported?
- What habits help me thrive?
- What's one simple choice I can make to take care of myself?

However you define it, you deserve to feel well in the ways that matter to you. If you're not sure where to start, you're not alone. Support is available, and it's okay to ask for help or take time to figure it out. Your well-being is worth your time and attention, today and every day.



Well Wisconsin Events

AUGUST 2025

Check these off your summer bucket list! Earning your \$150 Well Wisconsin incentive is as easy as 1-2-3. Just complete these three steps by October 17.

- ✓ Take the health assessment in the [Well Wisconsin portal](#) or request a paper copy
- ✓ [Get a health check](#)
- ✓ [Do a well-being activity](#)

Need ideas? The [August Well Wisconsin events page](#) is full of great ways to help check things off the list. 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

MANAGE BURNOUT

As we move through the year, burnout can creep up. Signs include exhaustion, reduced performance, and feeling detached. If you're experiencing burnout, reach out to the EAP for resources on stress relief, time management, and professional counseling to regain balance.

[LEARN MORE ABOUT THE EAP](#)



Building an Emergency Fund

Are you prepared for life's unexpected twists and turns? An emergency fund is like a safety net, providing financial security when you need it most.

Whether it's a sudden job loss, medical emergency, or unexpected expenses, having a readily available emergency fund can alleviate stress and prevent you from making impulsive financial decisions. The [ELEVATE Wisconsin](#) program can provide support and tools to build an emergency fund tailored to your current financial situation.

Supported by the Governor's Council on Financial Literacy and Capability, ELEVATE Wisconsin offers 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

BALANCE THROUGH THE DIMENSIONS OF WELLNESS

Mental health isn't just about how you feel, it's about how all areas of your life connect and support your well-being. The dimensions of wellness – physical, emotional, social, financial, occupational, intellectual, environmental, and spiritual are like pieces of a puzzle that work together to support a healthy, balanced life.

This month, take a moment to reflect on which areas feel strong and supported, and which could use a little attention by completing the [Wellness Wheel worksheet](#). This worksheet is designed to help you assess your well-being across each dimension, making it a valuable tool for identifying areas that may require more attention. Small steps – like reaching out to a friend, moving your body, or learning something new can make a big difference.



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		August Well Wisconsin Events	Well Wisconsin
August 1	12:00pm – 1:00pm	2025 Well-being Series for Leaders: Make it Okay – Reduce Mental Illness Stigma	Enterprise Wellness
August 13	12:00pm – 1:00pm	Healthier Starts with You	Well Wisconsin
August 13	12:30pm – 1:30pm	Managing Fear and Anxiety in Children	EAP
August 27	10:00am – 10:45am	Getting to Know Your EAP	EAP
Varies		September Well Wisconsin Events	Well Wisconsin
September 4	12:00pm – 1:00pm	ELEVATE Management Series: Destigmatizing Mental Health Challenges	Well Wisconsin
September 10	12:30pm – 1:30pm	Estate Planning	EAP
September 23	12:00pm – 1:00pm	Parenting Your Parent	EAP

August Health Observances

NATIONAL BREASTFEEDING MONTH
NATIONAL IMMUNIZATION AWARENESS MONTH
NATIONAL WELLNESS MONTH
NATIONAL GRIEF AWARENESS DAY – AUGUST 30