

STATE OF WISCONSIN WELLNESS NEWS

January 2026

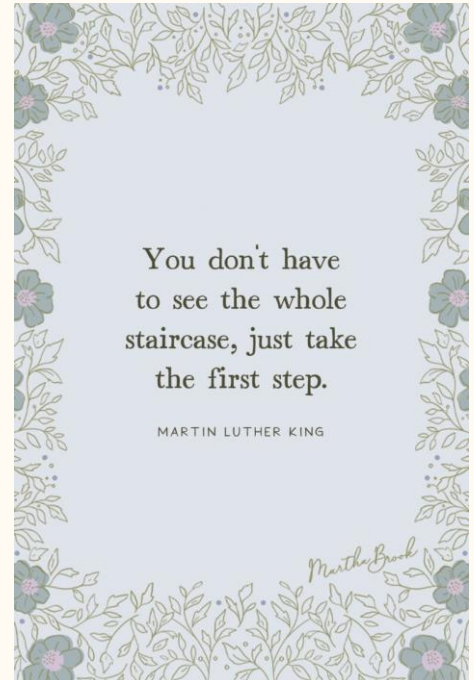
A Fresh Start for Your Well-being

January naturally brings a sense of new beginnings. It's a time when many of us pause, reset, and think about what we want the year ahead to feel like. With National Stay Healthy Month kicking off the calendar, it's also a great reminder that small, intentional steps can make a meaningful difference in our well-being.

This year, State of Wisconsin employees have access to more well-being support than ever, from [enhanced emotional health resources](#) to [upgraded financial tools](#), and a [year full of learning opportunities](#) to support your individual journey. Whether you're hoping to build healthier routines, manage stress, re-engage in movement, or take charge of your financial future, there are options designed to support you in every season.

As you look ahead, consider one simple question: **What is one step you can take for your well-being this month?**

It doesn't have to be big or overcomplicated. Just choose something that feels doable and meaningful to you. We're here to support you as you begin a fresh year of well-being, growth, and balance.



Well Wisconsin Events

JANUARY 2025

Kick off the year with tools, activities, and health coaching designed to help you build healthy habits that fit your life. Whether you want to focus on movement, stress, sleep, or something else, Well Wisconsin offers flexible ways to support your needs.

A great first step is to complete your health assessment. This short questionnaire provides insights into your current well-being and helps you identify areas to focus on in the year ahead. From there, you can explore challenges, webinars, and other activities that fit your goals.

Check out the [Well Wisconsin January events](#) for this month's opportunities to support your well-being. You can also visit the [Well Wisconsin for members website](#) for more details on the 2026 program and to get started!

EAP Corner

NEW IN 2026! EXPANDED EAP BENEFITS FOR YOU AND YOUR HOUSEHOLD

The Employee Assistance Program (EAP) is here to provide confidential support whenever you need it. As we kick off the new year, EAP benefits are expanding to make it even easier to get connected.

What's new?

- **8 confidential counseling sessions**, per issue, per year (increased from 6)
- **Live chat on the EAP website**, now staffed by the same professional counselors who answer phone calls, giving you an alternative means to access resources and support
- Access to EAP resources through the **new Acentra Connect app**, including live chat, direct dial to EAP, and mobile support tools
- A **dedicated phone menu option for employees who work as first responders and peer supporters** to connect with specially trained counselors
- **Continued support** for personal well-being, mental health, stress, family needs, financial concerns, work-life balance, and more!

Access the EAP 24/7 for free, confidential support for yourself and anyone in your household. Your well-being matters, and help is always available!

[LEARN MORE ABOUT THE EAP](#)

Elevate Wisconsin®: The Course to Financial Security

NEW AND IMPROVED PLATFORM

Financial well-being is a core part of your overall health, and the enhanced [Elevate Wisconsin®: The Course to Financial Security](#) platform makes it simple for you to take control.

This free online financial education center is here to help you build financial knowledge, reduce money-related stress, and support better financial decision-making.

The refreshed website offers streamlined navigation, robust tools, and personalized checkpoints to guide your experience. Packed with core courses, interactive calculators, and more, the program is designed to meet you exactly where you are and support your financial journey.

Ready to start? Try the [interactive demo](#) to explore the platform and create an account by visiting the [Elevate Wisconsin®](#) website. You are also invited to join our [live orientation webinars](#) to learn tips on how to make the most of your Elevate Wisconsin® experience.

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

TAKE A SELF-COMPASSION BREAK

This month, we invite you to dedicate five minutes to a powerful shift in perspective.

When you're facing a stressful moment, it's easy to become your own harshest critic. But what if you responded to yourself with the same kindness you offer a friend? Cultivating self-compassion is a key step in building emotional resilience and reducing stress.



Try the [Self-Compassion Break practice](#) from UC Berkeley's Greater Good in Action. This simple, 5-minute exercise guides you through acknowledging your feelings, recognizing your common humanity, and actively offering yourself support. You deserve the same kindness you give others. Take this small pause to recharge your emotional battery and handle the day with renewed focus and resilience.

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		January Well Wisconsin Events	Well Wisconsin
January 7	10:30am-11:15am	Getting to Know Your EAP	EAP
January 14	12:30pm-1:30pm	Creating an Annual Well-being Plan	EAP
January 16	9:00am-9:45am	Getting to Know Your EAP for Managers	EAP
January 16	11:00am-12:00pm	Personal Finance Bootcamp - Session #1	EAP
January 21	11:30am-12:30pm	Today's Family: Challenges and Changes	EAP
January 22	1:00pm-1:45pm	Getting to Know Your EAP	EAP
January 27	11:30am-12:15pm	Getting to Know Your EAP for Managers	EAP
January 28	11:30am-12:00pm	Explore Elevate Wisconsin: Platform Demo with New Enhancements	DFI
Varies		February Well Wisconsin Events	Well Wisconsin
February 4	12:00pm-12:45pm	Getting to Know Your EAP	EAP
February 4	2:00pm-2:30pm	Explore Elevate Wisconsin: Platform Demo with New Enhancements	DFI
February 5	10:00am-10:30am	Explore Elevate Wisconsin: Platform Demo with New Enhancements	DFI
February 9	11:00am-11:45am	Getting to Know Your EAP for Managers	EAP
February 11	11:00am-12:00pm	2026 Well-being Series for Leaders: B4 Stage 4	Enterprise Wellness
February 11	12:30pm-1:30pm	The Power of Kindness in Trying Times	EAP
February 17	11:00am-11:45am	Getting to Know Your EAP	EAP
February 19	11:00am-12:00pm	Personal Finance Bootcamp – Session #2	EAP
February 24	11:00am-12:00pm	Stress Management for High Burnout Professions	EAP
February 24	2:30pm-3:15pm	Getting to Know Your EAP for Managers	EAP

January Health Observances

CERVICAL HEALTH AWARENESS MONTH
NATIONAL BIRTH DEFECTS AWARENESS MONTH
NATIONAL BLOOD DONOR MONTH
NATIONAL GLAUCOMA AWARENESS MONTH
NATIONAL STAYING HEALTHY MONTH

Stay informed! Receive this newsletter, resources, and learning opportunities directly by joining our mailing list.
Simply email wellness@wisconsin.gov to sign up.

Newsletter produced by the Bureau of Equity and Inclusion for State of WI employees.