

STATE OF WISCONSIN WELLNESS NEWS

December 2025

Stay Active and Enjoy Wisconsin's Winter Wonderland



When the temperature drops, it can be tempting to hibernate indoors but staying active in the winter months has significant benefits for both your body and mind. Outdoor physical activity can help boost your energy, strengthen your immune system, improve sleep, and lift your mood by increasing levels of serotonin and vitamin D. Getting outside, even for short bursts, can help reduce stress and help combat the winter blues.

To stay motivated, find activities that you enjoy! Try incorporating short outdoor walks during daylight hours, join a local recreation class, or turn household chores, like shoveling or cleaning, into opportunities for movement. You might also explore indoor options, such as stretching, yoga, or taking a dance break, throughout the day.

For those who love Wisconsin's great outdoors, the Department of Natural Resources makes it easy to get out and explore in all seasons through their [OutWiGo initiative](#). OutWiGo encourages everyone to get outdoors and get moving year-round with activities such as hiking, snowshoeing, cross-country skiing, or simply exploring a nearby state park. Throughout the season, state parks across the state host guided hikes and fun winter events, providing numerous opportunities to stay active and connect with nature.

So, bundle up, grab a friend, and make the most of the season! Fresh air and movement are powerful ways to support your health and well-being all winter long!



Well Wisconsin Events

DECEMBER 2025

Gear up for a healthy holiday season with Well Wisconsin! From the Healthy Holiday Recharge to support your mental health and well-being, to holiday-themed fitness classes and healthy holiday baking sessions, there are plenty of ways to stay active, mindful, and balanced this December. [Join us and discover fun](#), festive ways to stay healthy through the holidays!

EAP Corner

TIPS FOR A STRESS-FREE HOLIDAY SEASON

The holidays are meant to be joyful, but they can also bring added stress from busy schedules, financial pressures, family dynamics, and high expectations. This season, give yourself permission to slow down and focus on what truly matters. Set realistic goals, prioritize rest, and don't be afraid to say no when your plate is full. Small acts of self-care can be great ways to reduce stress, like taking a walk, practicing gratitude, or sharing a laugh. And remember, the Employee Assistance Program is here to provide confidential support, resources, and counseling to help you navigate holiday stress and beyond.

[LEARN MORE ABOUT THE EAP](#)



Year-End Reflection

SETTING YOURSELF UP FOR SUCCESS

As we approach the end of the year, it's a great time to reflect on your financial journey. By taking a moment to assess your financial health, you can set yourself up for success in the coming year.

Here are a few questions to consider:

Budgeting: How well did you stick to your budget? Are there any areas where you overspent or underspent?

Savings: Did you reach your savings goals? Are you saving enough for emergencies, retirement, or other future goals?

Debt: Have you made progress in paying off debt? Are you on track to become debt-free?

Investments: How have your investments performed? Are you on track to meet your long-term financial goals?

By taking the time to reflect on your financial progress and implementing best practices, you can position yourself for a financially secure future.

Monthly Mental Health Boost

DIGITAL DETOX

Our devices keep us connected, but constant screen time can leave us feeling stressed, distracted, and mentally drained. A digital detox is a simple way to regain your focus and boost your well-being. For many, digital devices play an important role in both our personal and professional lives, making a complete digital detox impractical for most. Luckily, research suggests that targeted digital detox practices, such as intentional and voluntary breaks from digital devices or apps, may be equally or even more effective. Consider creating a digital detox routine that works for you, whether it's a short daily break, tech-free meals, or setting boundaries around notifications to help reduce stress and improve focus. For more details and step-by-step guidance, you can explore the [Greater Good Science Center Digital Detox resources](#).



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		December Well Wisconsin Events	Well Wisconsin
December 5	12:00pm – 1:00pm	Well-being Series for Leaders: Managers' Guide to Self-Care	EAP
December 10	12:30pm – 1:30pm	Riding the Change Wave	EAP

December Health Observances

NATIONAL IMPAIRED DRIVING PREVENTION MONTH
SAFE TOYS AND GIFTS MONTH
WORLD AIDS DAY – DECEMBER 1
INTERNATIONAL VOLUNTEER DAY – DECEMBER 5

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