

STATE OF WISCONSIN WELLNESS NEWS

July 2025

The Power of Connection: Building Social Well-being in Work and in Life

Our social well-being, the quality of our relationships and connections with others, is a key pillar of overall health. Strong relationships help us manage stress, feel supported, and stay mentally and emotionally balanced. Whether in our work or personal lives, investing in meaningful connections can improve how we feel and how we show up every day.

At work, simple team-building activities, like shared meals, wellness challenges, or informal coffee chats, can strengthen trust and collaboration. When we take time to connect with our co-workers as people, not just colleagues, we create a more positive and supportive work environment.

Outside of work, community involvement and volunteering can also enhance our social well-being. Giving back, whether through local events, school drives, or neighborhood projects, brings a sense of purpose and connection to something larger than ourselves. It can also be a powerful way to bond with family, friends, or even co-workers in a different setting.

Equally important is effective communication at home, with friends, and in the workplace. Making time for honest conversations, practicing active listening, and expressing appreciation can deepen relationships and help us feel more connected. Even seemingly small actions can have a lasting impact, such as checking in with a friend or taking a walk with a neighbor.

By making space for connections – through shared experiences, acts of service, and meaningful conversations – we strengthen our social well-being and lay the foundation for a healthier, more fulfilling life.



Well Wisconsin Events

JULY 2025

Summer is on! This month, we invite you to recharge and connect with your well-being through a variety of virtual events. Explore strategies for better health and less pain in the [Finding Relief webinar with Kaia Health](#). Get inspired in the kitchen with the [Cooking with Summer Produce Series](#). And engage in meaningful conversations through the [Mental Health and Diversity workshop](#) series. All of this and more is available through Well Wisconsin.

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

STAYING SOCIALLY CONNECTED

Social connections are essential for mental well-being. This month, take time to connect with loved ones and co-workers. If you’re feeling isolated or struggling to maintain relationships, the EAP can offer guidance and support through counseling or connecting you with community resources.

LEARN MORE ABOUT THE EAP



Mid-Year Budget Check Up

Halfway through the year is the perfect time to pause and check in on your budget. The ELEVATE Wisconsin program offers free tools and resources to help you better understand your financial habits and work towards small changes that can lead to meaningful progress.

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

TRY THE SOCIAL WELLNESS TOOLKIT

Positive social habits can help you build support systems and stay healthier, both mentally and physically. Whether it’s connecting with others, getting active, or shaping your family’s health habits, small steps can make a big difference in your overall well-being.

The National Institutes of Health has developed a [Social Wellness Toolkit](#) to support you in building and maintaining strong connections. It offers simple, practical tips to help you strengthen relationships and connect with others in ways that feel authentic and manageable. Challenge yourself to work through the suggestions throughout the month!

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
July 16	12:00pm – 1:00pm	Finding Relief with Kai Health: A Digital Approach to Managing Pain	Well Wisconsin
July 17	11:00am – 12:00pm	Taking Control of Your Finances	EAP
Mondays, July 21 – August 11	12:30pm – 1:00pm	Cooking Classes: Cooking with Summer Produce	Well Wisconsin
Wednesdays, July 23 – August 13	4:00pm – 5:00pm	Strength Training Virtual Group Fitness Classes	Well Wisconsin
July 24	11:00am – 12:00pm	Screen Guide	EAP
Mondays, July 28 – August 11	12:00pm – 1:00 pm	Workshop: Mental Health and Diversity	Well Wisconsin
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 27	10:00am – 10:45am	Getting to Know Your EAP	EAP

July Health Observances

[NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH](#)

[PARK AND RECREATION MONTH](#)

[UV AWARENESS MONTH](#)