

STATE OF WISCONSIN WELLNESS NEWS

June 2025

Celebrate Great Outdoors Month: Step Outside for Your Health



Photo: Perrot State Park

June is Great Outdoors Month – a perfect time to step away from your screens and into the fresh air. Spending time outdoors supports your physical and mental well-being, lowering stress and improving mood while boosting energy and focus. Even short periods outside can help regulate your sleep, increase vitamin D levels, and reduce feelings of anxiety.

You don't have to plan a big adventure to enjoy the benefits of nature. Take your lunch break outside, go for a short walk between meetings, or even better, turn those meetings into walking meetings, if applicable. If you're working remotely, try moving your workplace near a window or decorating your space with greenery to mimic the outdoors. These small shifts can make a big difference in your day.

And don't forget about the [incredible state parks](#) across Wisconsin! With over 100 state parks, forests and trails, there are endless opportunities to hike, bike, picnic, or simply unwind and enjoy nature. Mark your calendar for the Wisconsin Department of Natural Resources [Free Fun Weekend](#) on June 7-8 when state park admission, trail passes and fishing license fees are all waived – making it the perfect time to explore somewhere new!

So this month, make it a priority to get outside and connect with nature. Whether it's a five-minute break or a weekend exploring a new place, time outside can recharge your body, clear your mind, and restore your sense of balance. The great outdoors is waiting!

Well Wisconsin Events

JUNE 2025

Get moving this month with Well Wisconsin! Join an [on-site guided hike at Governor Nelson State Park](#), take part in [Pilates](#) or [Foundational Fitness](#)



classes, or explore their full [library of recorded workouts](#) you can do anywhere. There's something for every fitness level – so find what moves you!

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

WORK-LIFE HARMONY > WORK-LIFE BALANCE

The idea of work-life balance is evolving. Instead of striving for perfect balance, work-life harmony offers a more realistic and flexible approach that reflects how our personal and professional lives often blend. It's about creating a rhythm that supports your overall well-being. The EAP can help you find that rhythm with free, confidential services, including in the moment support, counseling, stress management tools, and resources for navigating life's demands. It's about finding what works for you – so you can feel more in control, connected, and supported every day.

[LEARN MORE ABOUT THE EAP](#)



Retirement Planning

Planning for retirement can feel overwhelming, but you don't have to do it alone. ELEVATE Wisconsin offers free, easy to access financial education to help you build confidence in your retirement planning, no matter where you are on your journey. From budgeting basics to investment strategies, ELEVATE provides tools and resources to support your long-term financial well-being.

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 FOREST BATHING

[Forest bathing](#), or shinrin-yoku, is the practice of mindfully spending time in nature to engage the senses and promote relaxation. It's been shown to reduce stress, lower blood pressure, and improve overall well-being – no hiking required; just slow down and take it all in.



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
Varies		June Well Wisconsin Events	Well Wisconsin
June 6	12:00pm – 1:00pm	De-Escalation for Managers	EAP
June 11	12:30pm – 1:30pm	Teamwork – The Essentials	EAP
June 19	12:00pm – 1:00pm	Elevate Management: Building ONE Cohesive Culture	Well Wisconsin
Varies		July Well Wisconsin Events	Well Wisconsin
July 17	11:00am – 12:00pm	Taking Control of Your Finances	EAP
July 24	11:00am – 12:00pm	Screen Guide	EAP

June Health Observances

[CATARACT AWARENESS MONTH](#)
[ALZHEIMER'S AND BRAIN AWARENESS MONTH](#)
[NATIONAL SAFETY MONTH](#)
[PTSD AWARENESS MONTH](#)
[GREAT OUTDOORS MONTH](#)
[MEN'S HEALTH MONTH](#)