

STATE OF WISCONSIN WELLNESS NEWS

November 2025

Celebrate World Kindness Day – November 13



November 13th marks World Kindness Day, a reminder that small, intentional acts of kindness have the power to make a significant impact, not just for others, but for our well-being, too! Research shows that being kind releases feel-good hormones, reduces stress, and strengthens social connections, all key elements of emotional and physical health. In other words, kindness isn't just contagious, it's good for you!

The [Random Acts of Kindness Foundation](#) encourages everyone to make kindness the norm through simple, everyday actions that brighten someone's day. Here are seven ways to practice kindness this month and beyond:

1. **Send an uplifting message:** Take a moment to text or email a friend, family member, or co-worker to let them know you appreciate them.
2. **Give a genuine compliment:** Share something positive about someone's work, attitude, or kindness you've noticed.
3. **Practice patience:** Let someone merge in traffic, hold the door, or offer a smile instead of frustration.
4. **Spread joy:** Do something small that brings happiness to another person, maybe leave a kind note or share a laugh.
5. **Reconnect with someone:** Reach out to a friend or colleague you haven't spoken to in a while, to say hello.
6. **Pay it forward:** Buy someone a coffee, leave a treat for your team, or surprise someone with a small act of generosity.
7. **Be kind to yourself:** Take time for rest, self-care, and gratitude. Self-kindness is the foundation for sharing kindness with others.

When we choose kindness, whether through words, gestures, or simply listening, we create a ripple effect that touches our communities and workplaces. This World Kindness Day, challenge yourself to do one thoughtful act and notice how it also lifts your spirits.

Source: The Random Acts of Kindness Foundation



Well Wisconsin Events

NOVEMBER 2025

Did you know that Well Wisconsin offers a variety of [live and recorded virtual fitness classes](#), including yoga, strength training, Zumba, and more? These classes are free and open to all state employees, whether you're enrolled in the State of Wisconsin Group Health Insurance Program. As the weather cools, it's the perfect time to bring your workout indoors and try something new. Tune in, move your body, and boost your well-being from the comfort of your home!

EAP Corner

NAVIGATING THROUGH GRIEF AND LOSS

Managing the loss of a loved one can be overwhelming and deeply painful. Emotions may feel intense and unpredictable, often coming and going without warning. This can be frightening and may cause you to question your ability to cope. It's important to remember that these feelings are a normal part of the grieving process. For some, the pain may ease after a few weeks or months. For others, grief can be a lifelong journey, though over time, emotions often become less intense.

If you or a loved one is struggling with grief and could use support on your path towards healing, please reach out to the EAP for free, confidential counseling services. You don't have to go through grief alone. The EAP can help.

[LEARN MORE ABOUT THE EAP](#)



Wisconsin Saves Day

NOVEMBER 6 IS WISCONSIN SAVES DAY!

Take a step towards your financial goals by setting up a split deposit, an easy way to save a portion of your paycheck. A split deposit lets you automatically send part of your paycheck to a savings account, making it easy to save without extra effort. Even a small amount adds up over time! Learn more about split deposits and take the pledge to save at [Wisconsin Saves](#).

Monthly Mental Health Boost

TAKING CARE OF YOURSELF: TIPS FOR CAREGIVERS



November is Family Caregivers Month, a time to recognize those who support loved ones through care and compassion. At some point, many of us will take on a caregiving role, and it's important to remember that caring for yourself is just as essential as caring for others. Taking time to rest, setting boundaries, and asking for help can strengthen your well-being and your ability to provide care. If you are a caregiver, or know someone who is, take some time this month to focus on self-care and well-being. Small, practical strategies can make a big difference in managing the demands of caregiving. Explore helpful [Tips for Caregivers](#) from the National Institute on Aging, or visit the Wisconsin Department of Health Services [Caregiver Support Programs](#) for guidance and support.

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		November Well Wisconsin Events	Well Wisconsin
November 11	1:00pm – 1:30pm	Getting To Know Your EAP	EAP
November 12	12:30pm – 1:30pm	Best Practices for Supporting Others	EAP
November 18	11:00am – 12:00pm	Dual-Career Relationships	EAP
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

November Health Observances

AMERICAN DIABETES MONTH

LUNG CANCER AWARENESS MONTH

NATIONAL EPILEPSY AWARENESS MONTH

NATIONAL FAMILY CAREGIVERS MONTH

NATIONAL HEALTHY SKIN MONTH

NATIVE AMERICAN HERITAGE MONTH

PANCREATIC CANCER AWARENESS MONTH

PREMATURITY AWARENESS MONTH

INTERNATIONAL DAY AGAINST VIOLENCE AND BULLYING AT SCHOOL – NOVEMBER 6

WORLD KINDNESS DAY – NOVEMBER 13

WORLD DIABETES DAY – NOVEMBER 14

GREAT AMERICAN SMOKEOUT – NOVEMBER 20