

STATE OF WISCONSIN WELLNESS NEWS

October 2025

Reset Your Sleep This Fall

As the days get shorter and the weather cools down, fall is a natural time to reset your sleep routine. Quality sleep supports your energy, mood, focus, and overall health – and small changes can go a long way in helping you rest better. Here are some practical strategies to try this season:

- **Keep a steady routine:** Going to bed and waking up at the same time every day, even on weekends, helps your body regulate its internal clock and improves sleep quality.
- **Create a cozy, restful space:** Cooler fall nights are perfect for sleep – try keeping your bedroom slightly cool, dark, and quiet. Add calming touches such as soft bedding, black out curtains, and gentle white noise to encourage rest.
- **Unplug to wind down:** Set aside at least 30 minutes before bed for no devices. Instead try light reading, gentle stretching, or a calming activity.
- **Be mindful of food and drinks:** Warm comfort foods and pumpkin spice lattes are fall favorites, but caffeine, alcohol, and heavy meals close to bedtime can interfere with sleep. Try ending the night with an herbal, non-caffeinated tea to unwind.
- **Prepare for Daylight Savings:** Clocks “fall back” on November 2 this year. To adjust smoothly, consider going to bed 15 minutes earlier each night the week before the clock changes.

Good sleep is one of the best ways to recharge as we head into the busy holiday season. If you find yourself struggling with insomnia, frequent waking, or daytime fatigue, consider reaching out to your health care provider or exploring support through the [Employee Assistance Program \(EAP\)](#).

Well Wisconsin Events

OCTOBER 2025



There is still time to complete the steps to earn your \$150 Well Wisconsin incentive! The deadline is October 17, 2025. Log in to the Well Wisconsin portal to complete your health assessment, a health check (such as reporting a dental cleaning or completing the healthcare provider form), and a well-being activity (like listening to two Well Wisconsin Radio episodes).

Flu vaccine clinics are also happening this fall! Clinics are open to employees and their spouse enrolled in the State of Wisconsin Group Health Insurance Program. Check out the [complete list of upcoming clinics](#) and other events happening this fall!

EAP Corner

FOCUS ON REDUCING STRESS FOR A GOOD NIGHT'S SLEEP

Does your mind race when you hit the pillow? Stress can make it hard to fall asleep or stay asleep. Using simple strategies, such as mindful breathing, journaling before bed, or setting aside “worry time” earlier in the day, can help calm your mind and improve sleep quality. The EAP offers resources to help you manage stress and rest more peacefully, including online articles and resources in the [EAP web portal](#) and counseling support to help reduce stress and anxiety affecting sleep.

[LEARN MORE ABOUT THE EAP](#)

Understanding Your Financial Influences

As the holiday season approaches, it's a great time to reflect on our spending habits and the factors that influence our financial decisions.



- Have you ever noticed how social media can impact your shopping choices? Or how peer pressure and creative marketing campaigns might lead to unnecessary purchases or overspending?
- Do you typically resist these external influences and make your financial decisions more independently?

By recognizing how outside factors impact your choices and implementing strategies to manage them, you can make informed decisions and enjoy a stress-free holiday season. Consider trying [ELEVATE's Money Personality Assessment](#) to identify the strengths and weaknesses in your relationship with money and help plan for financial success.

Supported by the Governor's Council on Financial Literacy and Capability, ELEVATE Wisconsin provides trustworthy and unbiased content that does not promote 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

TAKE A MENTAL HEALTH TEST

No, this isn't a test that will be graded! Use the [mental health assessments](#) available through Mental Health America as a quick and easy way to understand what mental health symptoms you may be experiencing. They are free, confidential, and backed by science. With assessments covering depression, anxiety, OCD, and more, these tools provide helpful information and resources to support your well-being – no matter where you're starting.

Please note: Online screening tools are meant to be a quick snapshot of your mental health. If your results indicate you may be experiencing symptoms of a mental illness, consider sharing these results with someone. A mental health provider (such as a doctor or therapist) can give you a complete assessment and talk to you about options to feel better.

(Source: [Mental Health America](#))

WISCONSIN STATE EMPLOYEE BENEFITS & WELLNESS RESOURCE FAIR

OCTOBER 2, 2025
@ THE MONONA TERRACE

Attendance counts
towards your 2025
Well Wisconsin
well-being activity!

Join us anytime between **9:00am and 3:00pm** at the **Monona Terrace** for a day focused on your well-being! Explore benefit provider booths, wellness resources, and more!

VENDORS INCLUDE:

- WELL WISCONSIN FLU VACCINE CLINIC AND BIOMETRIC SCREENING*
- HEALTH INSURANCE PROVIDERS
- OCI LIFE INSURANCE PROGRAM
- DHS MENTAL HEALTH RESOURCES
- WELL WISCONSIN
- EAP

***NOTE: ADVANCE REGISTRATION IS REQUIRED** FOR FLU VACCINES AND BIOMETRIC SCREENINGS AT WEBMDHEALTH.COM/WELLWISCONSIN. MUST CURRENTLY BE ENROLLED IN THE WISCONSIN GROUP HEALTH INSURANCE PROGRAM TO REGISTER.

[Visit the DPM Learn About Wellness website for more details](#)

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		October Well Wisconsin Events	Well Wisconsin
October 2	1:00pm – 2:00pm	Mindfulness for Stress Relief	Enterprise Wellness
October 3	12:00pm – 1:00pm	Well-being Series for Leaders: Starting Conversations Around Mental Health	EAP
October 8	12:30pm – 1:30pm	Making Decisions as a Family	EAP
October 10	12:00pm – 1:00pm	Biometrics – Know Your Numbers	Well Wisconsin
October 16	11:00am – 12:00pm	Importance of Having a Will	EAP

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

October Health Observances

BREAST CANCER AWARENESS MONTH
 CRIME PREVENTION MONTH
 HEALTH LITERACY MONTH
 LIVER CANCER AWARENESS MONTH
 MENOPAUSE AWARENESS MONTH
 NATIONAL BULLYING PREVENTION MONTH
 NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH
 NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH
 NATIONAL PHYSICAL THERAPY MONTH
 OCTOBER 1 – WORLD VEGETARIAN DAY
 OCTOBER 10 – WORLD MENTAL HEALTH DAY
 OCTOBER 13 – INDIGENOUS PEOPLE DAY
 OCTOBER 20 – WORLD OSTEOPOROSIS DAY