

# WEALTH IN WELLNESS

## JANUARY WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



### NEW YEAR, NEW GOALS?

Do you have a New Years resolution? Many people use the start of the new year to form a new habit or start a new hobby. However, most resolutions have fallen off track by the time February comes around. Follow these tips to stay on track with your new habit for the long term:

- Write your goals down
- Ensure your goal is specific, clear, challenging, and not overly complex
- Celebrate your wins (even the small ones)
- Get an accountability partner
- Readjust if you fall off track



### MANAGING SEASONAL DEPRESSION

Seasonal Affective Disorder (SAD) is a type of depression that is related to the change in seasons. For most people who experience SAD, symptoms begin in the fall and continue through the winter months. Symptoms can include tiredness, weight gain, and oversleeping. Fight SAD by following these tips:



- Create a routine with regular sleep, wake, and meal times.
- Spend time in the sunlight, especially in the morning.
- Eat foods rich in Vitamin D or take a supplement.
- Talk to your healthcare provider if your symptoms don't go away.

Want someone to talk to? Use the free EAP services available to County employees. Place a confidential call to the 24 hour assistance line at (608)775-4780 or (800)327-9991, or visit [gundersenhealth.org/eap](http://gundersenhealth.org/eap)

**January is...**  
National Glaucoma  
Awareness Month!

Have you been to your  
eye doctor lately?



**January is...**  
Cervical Health  
Awareness Month!

Be sure to schedule all your  
annual screenings with your  
healthcare provider.



## JANUARY IS THYROID AWARENESS MONTH

Nearly 20 million Americans have thyroid disease. Yet, up to 60% of them are unaware of it. Your thyroid gland plays an important role in your body by producing hormones for metabolism, growth, and development. Your thyroid is even important for healthy kidney and heart function. There are a variety of conditions that can affect how well your thyroid works. If you suspect that you have a thyroid problem, it's best to see your healthcare provider. Thyroid conditions can be easily diagnosed and

treated. It's also important to make sure that you get your thyroid checked as part of your yearly health exam. Learn more at <https://www.goodrx.com/health-topic/thyroid>

## WHAT'S HAPPENING THIS MONTH?

### BINGO

Participate in Wellness Bingo throughout the year to be eligible for an incentive at the end of 2023!

Download your Bingo card or pick up a copy from the Personnel office. Activities begin January 1, 2023.

### VIRTUAL LEARNING TABLE

Attend one of our monthly 30-minute virtual "Learning Table" sessions to learn more about sticking to new habits to accomplish your goals.

Thursday January 12th at 8:00am or

Thursday January 26th at 3:30pm

\*Both sessions will be the same presentation.



Join our **Microsoft Teams Meeting:**

<https://bit.ly/3XHHpeh>

Meeting ID: 239 222 683 539

Passcode: XY86W9



Find our 2023 wellness resources at:

<https://www.co.monroe.wi.us/departments/personnel>