

WEALTH IN WELLNESS

APRIL WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



SPRING CLEANING SUPPORTS MENTAL HEALTH

While cleaning may not be at the top of your list of reasons to look forward to Spring, it is an important way to practice self care and support your overall mental health. Spring signals a fresh start, a transition into a new phase of the year. Creating a de-cluttered, clean home can help signal to your brain that it's time for a fresh start too. Here are a few other ways spring cleaning impacts your mental health:

- **Relieves Seasonal Affective Disorder (SAD), decreases anxiety and overwhelm:** Spring cleaning can be a tangible way to mark the shift in seasons, offering a reminder that warmer weather is coming and the days are getting longer. Creating a clean and cozy home environment also offers a sense of control in a world that can otherwise feel chaotic.
- **Improves social connections:** A cleaner, decluttered space might help you feel more comfortable about opening up your home to others, leading to improved social connections.
- **Sets other good habits in motion:** Good habits can have a snowball effect. Getting your house in order may motivate you to get other areas of your life in order as well.



April 22 - National Prescription Drug Take Back Day

Safely dispose of your unused or expired medications at a local drop off site. Follow the Monroe County Sheriff's Office-Wisconsin on Facebook for more information on times/locations.

INCREASE YOUR HAPPINESS BY CONNECTING WITH OTHERS

Want to feel supported and better manage stress? Connect with others. Your connection with other people is basic to your happiness, sense of support and overall well-being. Creating meaningful relationships through socializing helps to reduce feelings of loneliness, sharpens memory and cognitive skills, increases your sense of happiness and well-being, and may even help you live longer. Maintaining and developing new friendships can increase social connections, enrich your life and improve your health.

Here are some ideas on how to meet and make new friends:

- Attend community events
- Take a walk and meet your neighbors
- Extend and accept invitations
- Take up a new interest
- Stay positive and have a friendly attitude and demeanor
- Volunteer

It's never too late to develop new friendships or reconnect with old friends. Investing time in making friends and strengthening your social connections can pay off with a brighter outlook and better physical and mental health.



CELEBRATE EARTH DAY ON APRIL 22!

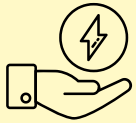
This year's Earth Day theme is "Invest in our Planet," promoting the strong connection between sustainability and environmental well-being. It is true that some ecologically friendly products have a higher up-front cost, but with a little research, you can develop plenty of habits that will help the planet and your monthly budget. Here are a few tips for reducing your carbon footprint and saving money when you shop:



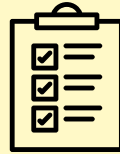
Buy recycled or secondhand. Check thrift stores, yard sales, and online listings.



Buy local. Shop your local farmers market or other retailers to save on shipping and support your community.



Choose energy-efficient goods. It may cost a little more up front, but you'll save in the long run.



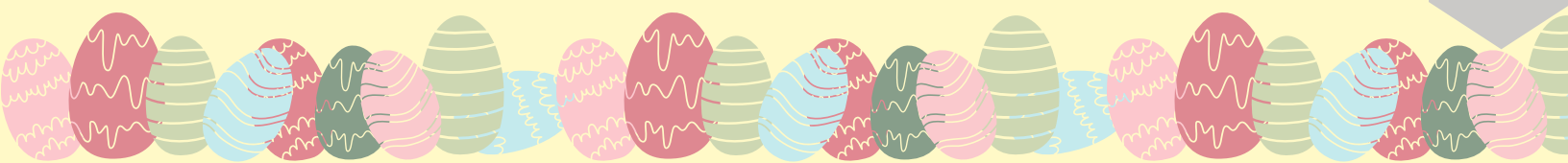
Take stock of what you already have. Make a list of what you truly need, and stick to your list when you shop.



Bring reusable bags. Many stores will offer a discount for bringing your own bag.



Care for your goods. Take the time to repair or reuse your clothing and other goods before replacing it with something new.



WHAT'S HAPPENING THIS MONTH?

VIRTUAL LEARNING TABLE

Attend one of our monthly 30-minute virtual "Learning Table" sessions to learn more about improving your health and well-being:

- **April:** How Social Connections Influence Longevity
Thursday April 13th at 8:00am or
Thursday April 20th at 3:30pm



Join our Zoom Meeting:

<https://bit.ly/3Hr1Ztn>
Meeting ID: 872 7191 0533
Passcode: 690755

- **May:** Trauma Informed Care 101- presented by Monroe County Resilient and Trauma Informed Community (RTIC)

Monday May 8th from Noon-1:00pm.

[Click here](#) to register for this free event or visit healthymonroecowi.org/partnerships/

May's presentation link is different than our regularly scheduled Zoom. Separate registration is required



Find our 2023 wellness resources at:

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