

WEALTH IN WELLNESS

MAY WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



STAY PRESENT WITH A DIGITAL DETOX

Being present in a plugged-in world can be challenging. Whether it's for work, education, entertainment, or social connection, technology is always seemingly at your fingertips. However, it's vital for your well-being to engage in daily interactions without tech distractions. Check out some ways you can unplug, unwind, and detox from the digital world:

-  Turn your phone on silent or airplane mode
-  Use a real alarm clock, instead of your phone
-  Keep your devices screen side down
-  Practice device-free dining
-  Leave your phone in another room of the house
-  Spend time in a place without Wi-Fi
-  Establish a time to enable Do Not Disturb
-  Delete unnecessary apps
-  Swap screen time for family or friend time
-  Disable text, email, and social media notifications
-  Make the bedroom a tech-free zone
-  Create technology time limits

PRACTICE BIKE SAFETY

Bicycling is one of the best ways to get exercise, see the sights and reduce your carbon footprint. However, bicyclists face many hazards when on the road or trails. Stay safe by following these tips:

- **Check your equipment** - always inspect all parts of your bike prior to riding.
- **Plan to be seen** - wear bright color clothing or a reflective vest. Attach flashing lights to your bike and/or to your clothing.
- **Wear a helmet** - adults and children should always wear a properly fitting helmet when on their bike.
- **Follow the rules of the road** - bicyclists must follow the same traffic rules as motorists. Familiarize yourself with the appropriate hand signals, and always stay alert to your surroundings.

How Can Drivers Keep Cyclists Safe?

Stay alert to the road when driving. When drivers and passengers are getting ready to exit a vehicle, take an extra second to look out the window before opening your door. This simple step will stop you and your passengers from opening a vehicle door in front of a cyclist, pedestrian, or oncoming vehicle.



Did You Know?

One of the most popular bike trails in the country is right here in Monroe County! Take some time to get out and enjoy the Sparta-Elroy Bike Trail. Learn more at bikesparta.com





MAY IS MENTAL HEALTH MONTH

Taking care of your mental health is just as important as taking care of your physical health. Practicing purposeful self-care can help with maintaining or improving your daily mental health. It is important to note that self-care is not a selfish act and doesn't have to be time consuming or expensive. It is an intentional way to love yourself, and it can be whatever you make it. There are many different forms of self-care, so it is important to find out what works best for you. Here are a few different forms of self-care that can support mental health:

- **Physical:** Addresses stress that lives in your body. It alleviates physical pain or tension that either causes or results from mental stress. Examples include massage, exercise, dance, aromatherapy, and rest.
- **Emotional:** Involves tending to your own internal emotional world – especially your mood and feelings. Examples include connecting with others, journaling or creative writing, art, and psychotherapy.
- **Cognitive:** Engages in activities that are intellectually rewarding and/or stimulating. Examples include reading, writing, listening to books or podcasts, watching films, and psychotherapy.
- **Spiritual:** Expands on one's sense of purpose and meaning in life by getting in touch with the less tangible aspects of yourself and the world around you. It does not need to be tied to religious activities. Examples include meditation, breathwork, spending time in nature, prayer, mantras, and connecting with others.

To take better care of yourself, identify a few different forms of self-care that you would like to try or continue practicing, schedule a time to engage in and enjoy these forms of self-care, and continue regularly until it becomes a part of your daily habits.

WHAT'S HAPPENING THIS MONTH?

VIRTUAL LEARNING TABLE

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

- **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

- **June:** Opportunities in the Great Outdoors with the Monroe County Land Conservation Department

Thursday June 8th at 8:15am or
Thursday June 22nd at 3:30pm



Join our Zoom Meeting:

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

Find our 2023 wellness resources at:

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