

WEALTH IN WELLNESS

AUGUST WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



FIND YOUR WORK-LIFE BALANCE

One of the biggest barriers to happiness is a lack of separation between work and the rest of our lives. When you are “always on,” you’re always one notification away from distraction. Many workers feel pressure to be available at all hours. If you are feeling this pressure, it is worth considering whether you can implement a few boundaries. Here are a few tips for developing a healthy work-life balance:

- **Know your values.** Reflect on how you ideally want to spend your time and determine whether the distribution of your current daily or weekly time is where you want it to be.
- **Practice time management.** Use calendar appointments, reminders, productivity apps, and other tools to spend your working time intentionally.
- **Set boundaries.** For those with jobs that allow it, consider turning your work notifications off after a certain time each day, over the weekends, and/or on vacation.
- **Consider your finances.** Research shows that once basic needs are met, more money does not necessarily mean more happiness. Prioritizing your spending, may allow you to be able to work less, or at least less stressfully, and be better positioned to enjoy your down time.
- **Nurture relationships.** Spending quality time with friends and loved ones outside of work is key for helping you get out of work mode.
- **Have down time.** Be careful not to fill every hour of every day with something “productive.” Set aside an afternoon to read a book. Go see a movie with a friend. Take a walk and literally smell the roses.



STAY GROUNDED WITH YOUR FIVE SENSES

Most people have experienced sudden bursts of anxiety, whether it's delivering a presentation at work or worrying about a relationship. This five-step mindfulness exercise can be used to cope with, lessen, and manage anxiety by using the five senses to ground ourselves.

5 

Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

4 

Acknowledge FOUR things you can touch. It could be your hair, a pillow, or the ground under your feet.

3 

Acknowledge THREE things you hear. Focus on things you can hear outside of your body.

2 

Acknowledge TWO things you can smell. If you need to, take a walk to find a scent, such as soap in the bathroom or flowers outside.

1 

Acknowledge ONE thing you can taste. What does the inside of your mouth taste like? Gum, coffee, or the sandwich from lunch?

HELP FIGHT THE BITE IN WISCONSIN

The risk of Lyme disease and other tickborne diseases in Wisconsin is increasing as the state is seeing more months of the year when ticks are active. Ticks are present in all Wisconsin counties. Follow the prevention tips below to reduce your chances of being bitten by a tick.



Tick Bite Prevention

PROTECT YOURSELF FROM BITES. Wear insect repellent with 20% or more DEET. Wear a long-sleeve shirt and pants while outdoors.

AVOID TICK-HEAVY AREAS. Ticks like to live in tall bushes and other vegetation. When walking on trails, stay in the center and do not go off into the brush.

PERFORM DAILY TICK CHECKS. Check your entire body after being outside, even if you were only in your yard. Shower as soon as possible after coming in from the outdoors.

TUMBLE DRY CLOTHES AFTER BEING OUTDOORS. Tumble dry your clothes on **high heat** for 10 minutes to kill any ticks that may have come in on your clothes.

PREVENT TICKS ON ANIMALS. Try to prevent pets from bringing ticks into your home by not allowing them in tick-infested areas, and by using veterinarian-prescribed tick collars or spot treatment.

BE ALERT FOR FEVER OR RASH. Even if you do not remember being bitten by a tick, a fever or rash may be the first sign of Lyme disease. Symptoms of tickborne diseases may include fever, chills, muscle aches, fatigue, headache, and rash (not in all tickborne diseases). Contact your doctor right away if you have any of these symptoms.

WHAT'S HAPPENING THIS MONTH?

MEET WITH A RETIREMENT ADVISOR

- Roth IRA representative, Ron Gloe, will be on site August 7th from 9am-4pm. Contact Ron at 1-866-708-3894 or ron.gloe@securitiesamerica.com to make an appointment.
- Deferred Compensation representative, Gregg Sperber, will be on site August 8th and 9th from 9am-3pm. Schedule an appointment online at <https://bit.ly/MonroeCoWI> or email questions to sperbg1@nationwide.com

VIRTUAL LEARNING TABLE

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

- August: Introduction to CPR and First Aid Basics
Thursday August 10th at 8:15am or
Thursday August 24th at 3:30pm
- September: Fruits and Veggies with April Anderson
from Monroe County UW-Madison Division of Extension
Thursday September 14th at 8:15am or
Thursday September 28th at 3:30pm



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

