



# WEALTH IN WELLNESS

## NOVEMBER WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments

### BENEFITS OF GIVING BACK

The holiday season usually means spending time with and receiving thoughtful gifts from loved ones, along with many other comforts that accompany the season, such as a warm blanket and a mug of cocoa. While all those things provide social and emotional nourishment, research shows us that one of the most effective and long-lasting ways to boost your well-being during the holidays is to give. The giving of time, resources, and gifts provides a wide range of wellness benefits, such as the following:



#### Makes us Happy

Acts of kindness activate regions of the brain associated with pleasure, social connection, and trust, creating a 'warm glow' effect.



#### Good for Our Health

The health benefits of acts of kindness include: lower blood pressure, increased self-esteem, improved mood, lower stress levels, and a longer life.



#### Strengthens Social Connections

When you do a good deed, your generosity is likely to be rewarded by others down the line. These exchanges promote a sense of trust and cooperation that strengthens our connections to others.

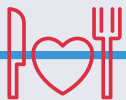


#### Evokes Gratitude

Whether you're the giver or the receiver, research has found giving and acts of kindness can bring out feelings of gratitude, which are integral to happiness, health, and social bonds.

### NOVEMBER IS DIABETES AWARENESS MONTH

With the number of people diagnosed with type 2 diabetes on the rise, it is essential to understand the preventive measures that can be taken to reduce your risk. One of the primary ways to prevent type 2 diabetes is through lifestyle modifications. By implementing these preventive measures, you can take control of your health and reduce your likelihood of developing type 2 diabetes.



Adopt a healthy eating plan that includes a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.



Regular physical activity helps maintain a healthy weight, improves insulin sensitivity, and lowers blood sugar levels.



Avoid smoking and excessive alcohol consumption.

**Sign up for free Adult CPR/AED/First Aid classes throughout November-December. Contact Personnel for more information. \*Available to Monroe County employees only.**

## SHOP SUSTAINABLY THIS HOLIDAY SEASON

### Shop early

Give delivery services plenty of time to deliver your gifts by ordering at least 2 weeks before you want them to arrive.

### Shop local

Buying from local businesses saves on shipping costs and supports your community. Small Business Saturday is Nov. 26th.

### Plan purchases

Stave off impulse purchases by writing down a list of gifts you want to buy for others and setting a budget.

### Make a wish list

Spell out exactly what you want, so others don't have to guess. You'll end up with gifts you love, and nothing to return.

## 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:

- November: Tobacco and Vaping Prevention with Sue Danielson, RN  
Public Health Nurse from Monroe County Health Department  
Thursday November 9th at 8:15am or  
Thursday November 30th at 3:30pm

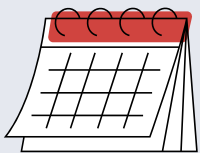


- December: Managing Stress During the Holiday Season  
with Laura Reutlinger from the Monroe County Health Department  
Thursday December 14th at 8:15am or  
Thursday December 28th at 3:30pm



### Join our Zoom Meeting:

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



## Turn in your Wellness Activities Bingo Board by November 30th at 4:30pm.

Send in your board to [hannah.olsen@co.monroe.wi.us](mailto:hannah.olsen@co.monroe.wi.us) or drop it off in-person to Hannah at the Personnel Department (124 N Court St., Sparta).

Prizes will be awarded based on the total number of activities you have completed on your board.  
\*“Bingos” are not needed to be eligible for prizes.

Participating employees will be notified to claim their prizes by December 31st.

Prize Level	Activities Completed
Participation	5
Bronze	6-10
Silver	11-15
Gold	16-20
Platinum	21-24
Blackout	25

Find our 2023 wellness resources at:

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