WEALTH IN WELLNESS
JANUARY WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments

START 2024 WITH AN INBOX DETOX

Happy New Year! Are you thinking about decluttering or organizing this month? Start with your inbox. Our online lives can become just as cluttered as our physical spaces. Here's a scenario you might relate to: an endless list of emails. Some are important, some are not, but all are vying for your attention. Research suggests that seeing multiple stimuli at once can hinder focus, reduce efficiency, and lead to procrastination. Try these strategies to regain control of digital clutter, starting with your inbox:

Inbox detox: Begin by reversing the order of your inbox and deleting old, unneeded emails.

Unsubscribe: Search for "unsubscribe" or "from: no reply" and opt out of any email lists you no longer want or need to receive.

Filters & folders: Organize your emails with folders and labels. Set up filters to automatically sort incoming emails.

Schedule email time: Block off specific time in your day to work through your inbox. You can also set boundaries around work-related communication during non-working hours.

Digitally declutter one click at a time, and make way for a more focused, productive, and fulfilling 2024!

EXPLORE YOUR RELATIONSHIP WITH ALCOHOL

Have you thought about cutting back on or eliminating alcohol use? Participating in challenges that encourage alcohol-free months might be a good way to recover from overindulgence during the holidays, examine your drinking habits and notice the role alcohol has in your health and well-being. If you do not want to give up drinking for a whole month, that is okay. Consider exploring small ways to reduce your consumption this month and beyond. Be sure to reflect on how you feel when you are making adjustments to your drinking habits. Whether you eliminate or just cut back on your alcohol use this month, it is essential to make a plan so you do not fall back on old habits and patterns.

Tips for Reducing Alcohol Consumption
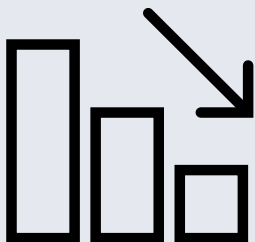
- Set goals
- Track your intake
- Remove alcohol from your home
- Choose non-alcoholic options
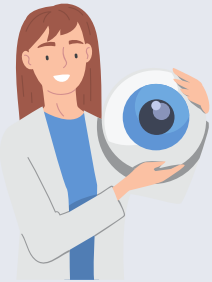- Tell those you trust about your goals and ask for support

Benefits of Reducing Alcohol Consumption

- Better focus
- Healthier immune system
- More energy
- Save money
- Sleep better
- Lose weight

JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is a group of eye diseases that can cause vision loss and blindness, if left untreated. It affects millions of people in the United States, but unfortunately, many are unaware of its presence until it's too late.

While anyone can develop glaucoma, certain factors, such as age, family history, and certain medical conditions, can increase the likelihood. Symptoms may vary depending on the type of glaucoma, but common signs include blurred vision, severe eye pain, headaches, and even tunnel vision.

Early detection is crucial when it comes to glaucoma. Regular eye exams, especially for individuals over the age of 40 or with a family history of the disease, can help detect glaucoma in its early stages. By catching it early, treatment options are available and can be more effective in managing the disease and preventing further vision loss. Make an appointment with your eye doctor for a vision screening and eye health check today.

WHAT'S HAPPENING THIS MONTH?

VIRTUAL LEARNING TABLE

Attend our monthly virtual "Learning Table" to learn more about improving your health and well-being. All 2024 Learning Tables will be held on the 2nd Tuesday of each month, starting at 8:15am.

- January: Diabetes Prevention
Tuesday January 9th at 8:15am-8:45am.

- February: Taking Care of Your Heart
Tuesday February 13th at 8:15am-8:45am.

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

*Presentation recordings will be posted to the Employee Wellness section on the Personnel web page.

DOWNLOAD YOUR WELLNESS ACTIVITIES CHECKLIST

The new 2024 Wellness Activities Checklist is now available! Complete various challenges throughout the year to support your well-being and be eligible to win prizes. Download your Wellness Activities Checklist at https://www.co.monroe.wi.us/departments/personnel/wellness