

WEALTH IN WELLNESS

MARCH WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments

PRIORITIZE YOUR SLEEP

Despite being a cornerstone of well-being, sleep is often pushed to the backburner due to personal and professional commitments. Here are just a few benefits your body receives when you get enough sleep:



REDUCES STRESS

Keeps heart rate and blood pressure under control, sharpens judgment, and improves decision-making



REGULATES APPETITE

Balances hormones that drive hunger and fullness to better control appetite



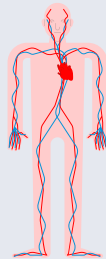
IMPROVES MEMORY

Increases your brain's ability to process thoughts, make connections, and create long-term memories



PREVENTS DEPRESSION

Regulates many of your body's chemicals, including serotonin (the happiness hormone)



PROMOTES HEALING

Repairs blood vessels, cells, and tissues throughout your body



STRENGTHENS IMMUNITY

Lowers inflammation and creates cellular hormones to help fight infection and disease

Prioritizing quality sleep is crucial for overall health and productivity. By establishing a bedtime routine, creating a comfortable sleep environment, and managing stress levels, you can improve the quality of your sleep and reap the benefits of a well-rested mind and body. Aim for 7-9 hours each night.

LIVING WITH CHRONIC PAIN? YOU ARE NOT ALONE.

Living with chronic pain can be challenging, but there are things you can do to take charge of your pain and improve your quality of life. Try these tips:



Regular exercise helps to reduce pain, improve mood and boost energy levels.



A healthy diet can help reduce inflammation and improve overall health.



Sleep is essential for healing and managing pain.



Talk to others who understand what you are going through for increased support.



Talk to your doctor about your pain and how it affects your life. They can help you create a treatment plan.

HYDRATE FOR HEALTH

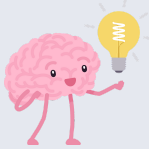
Staying hydrated is key to maintaining good health and overall well-being. Water helps regulate your body temperature, aids in digestion, carries nutrients to cells, and flushes out toxins. Prioritize your hydration by following these tips:



Drink a glass of water first thing in the morning. This gets your metabolism running and gives you an energy boost.



Invest in a fun or fancy water bottle. A water bottle can serve as a visual reminder to drink more water throughout the day.



Focus on your body's signals. Be mindful of whether your body is thirsty or hungry. Sometimes, we overeat because we mistake thirst for hunger.



Add low-calorie flavoring. Try fruit or vegetable infusions in your water to make it more appealing. Prepare a container in the refrigerator to infuse overnight and make filling your water bottle in the morning easier.



Swap high sugar drinks for sparkling water or seltzer. Not only will you cut back on added sugar, but you'll also be increasing your water intake.



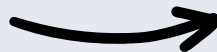
Set a daily goal. A simple daily goal can help you stay motivated to work toward maintaining a healthy habit.

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.

- March: Healthy Hydration
Tuesday March 12th at 8:15am-8:45am.
- April: Maintaining a Healthy Relationship with Alcohol
Tuesday April 9th 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.

Find our 2024 wellness resources at:

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