

WEALTH IN WELLNESS

APRIL WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments

REDISCOVER JOY

It's easy to confuse the emotions of joy and happiness because they are often experienced simultaneously. Often, happiness is the emotional reaction to what is happening around you. On the other hand, joy is driven by internal motivations and an enduring state of well-being.

Sometimes, we lose our connection to our innermost self and that joyful state of well-being. The pace of life, the state of the world and personal struggles reduce the joy we feel. Finding ways to bring joy back into your life can help relieve that feeling of burnout. Here are five ways to help you get started on rediscovering the joy in your life:



Focus your time and attention on what you can control; your attitude is a choice.



Practice gratitude. Reflect on the positive aspects of your life to shift your focus toward the things that bring you joy.



Make social connections and build healthy relationships. Meaningful connections can contribute to a sense of belonging and happiness.



Help others. Complete acts of kindness and help others. Volunteer for an organization whose mission aligns with your passions.



Try something new. Take a class, learn a new skill or rediscover activities that brought you joy when you were younger.

BOOST YOUR WELL-BEING ON EARTH DAY

April 22nd is Earth Day! Here are three ways you can celebrate the day and support your well-being at the same time:



Connect with Nature: Spend some time outdoors appreciating the beauty of the Earth. Take a walk in a park, go hiking, have a picnic, or simply sit and listen to the sounds of nature.



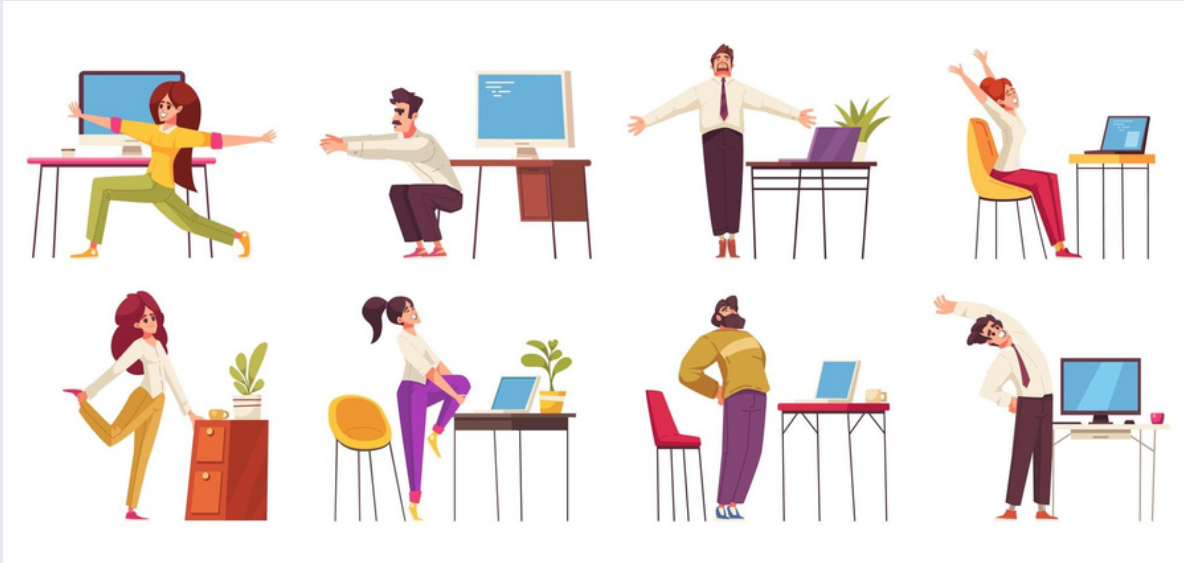
Reduce, Reuse, Recycle: Start by reducing your consumption, reusing items whenever possible, and recycling materials to help minimize waste and protect the planet. Now is a great time to declutter items in your home, and donate items you no longer need or want.



Add a Plant: Including indoor plants in your home or workspace can help to improve air quality, reduce stress, and sharpen your attention.

LOOSEN UP WITH DESK YOGA

Stretch breaks are especially important for people whose jobs require them to sit at a desk in front of a computer for long hours. This regular work routine can result in back pain and neck pain, and headaches. However, just taking a few minutes each day to do simple stretches and movement while at your desk can relieve stress, improve posture, increase productivity, and, most importantly, make you feel better. Try out the options below for desk-friendly stretches that will help relieve physical and mental tension, and combat the negative effects of sitting.



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.

- **April:** Maintaining a Healthy Relationship with Alcohol - presented by Mary Jo Redman-Ellis with Next Steps for Change Tuesday April 9th at 8:15am-8:45am.
- **May:** Mindfulness Techniques to Relieve Stress Tuesday May 14th at 8:15am-8:45am.



Join our Zoom Meeting:

<https://bit.ly/3HrIZtn>
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>