

WEALTH IN WELLNESS

MAY WELLNESS NEWSLETTER

Brought to you by the Monroe County Human Resources and Health Departments

MANAGE YOUR STRESS DURING MENTAL HEALTH MONTH

May is Mental Health Month, making it the perfect time to think about how you manage your stress. Stress is an inevitable part of life, but unmanaged and frequent exposure can have negative effects on the body's physical response and the way you behave, think, and feel. Different stress management techniques work well for different people, so check out the unique strategies below to see which one helps you positively cope with stress.



Meditate: Tuning in to thoughts and feelings helps increase your control over your mind and body's response to stress.



Relax: Relaxation helps counteract the fight-or-flight response brought on by stressful but non-life-threatening situations.



Breathe: Breathing deeply helps the brain and body lower your heart rate and blood pressure to generate a sense of calm and focus.



Move: Physical activity releases endorphins and other feel-good chemicals in the brain while also reducing stress hormone levels.



Visualize: Imagining a positive and peaceful scenario creates alignment between the mind and body and helps you to focus on positive outcomes.



Focus: Engaging in physical or mental distractions helps shift your thoughts from stressors to something that is relaxing and enjoyable.

WOMEN'S HEALTH WEEK IS MAY 12-18, 2024



Take control of your health by staying up to date on your preventative health visits. Have you scheduled these appointments, yet?

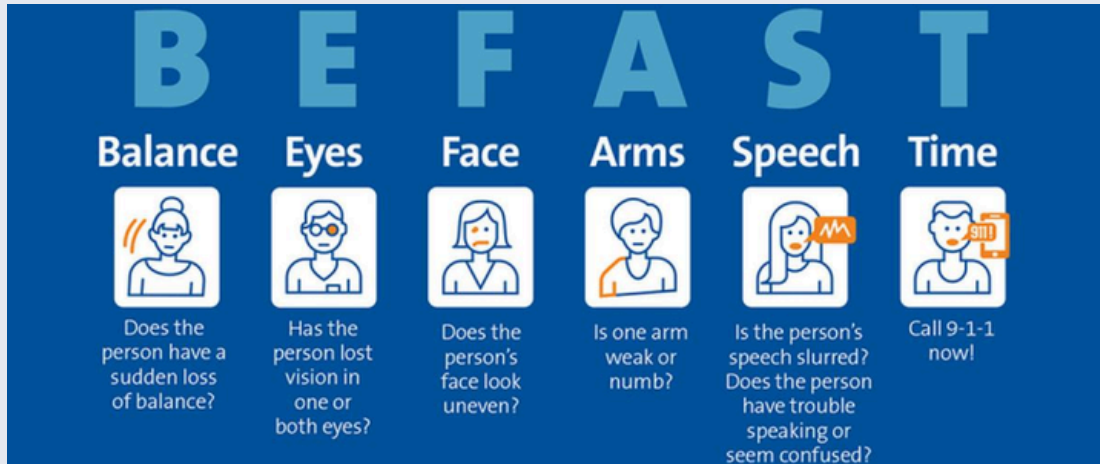
- Annual wellness exam
- Annual eye exam
- Dental checkup and cleaning



Join the fun at the first annual **Monroe County Mental Wellness Fair on Thursday, May 16th from 2:00pm-6:00pm at Mueller Square in Sparta.** This free event will offer education on local resources, music, popcorn, root beer floats, and more!

BE FAST TO RECOGNIZE A STROKE

Stroke is a leading cause of death in the U.S. and is a major cause of serious disability for adults. It is caused by a sudden loss of blood flow to the brain and is a medical emergency. Every minute counts when it comes to stroke treatment. Knowing your risk, the warning signs and acting FAST if you suspect a stroke is crucial to save lives.



WHAT'S HAPPENING THIS MONTH?

Self-Care Bingo Challenge

Practice self-care during the month of May by participating in our Self-Care Bingo Challenge. Complete at least one "bingo" to be entered into a prize drawing for 1 of 4 lawn game sets.

Read the rules and download your Self-Care Bingo Board on the Employee Wellness section of the Human Resources website. Bingo boards must be submitted by May 31st at 4:30pm to be entered into the prize drawing. Winners will be drawn live during the June 11th Learning Table.

Pet Therapy Day - Friday, May 17th 11:00am-1:00pm

Enjoy a Pet Therapy break at the Assembly Room anytime between 11:00am-1:00pm with our furry friends from the Coulee Region Humane Society Pet Therapy Team.

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.

- **May:** Mindfulness Techniques to Relieve Stress
Tuesday May 14th at 8:15am-8:45am.
- **June:** Outdoor Recreation and Wellness with Abby Czynson
from Monroe County Forestry and Parks
Tuesday June 11th 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 Human Resources website.

Find our 2024 wellness resources at:

<https://www.co.monroe.wi.us/departments/human-resources/employee-wellness>