



WEALTH IN WELLNESS

JUNE WELLNESS NEWSLETTER

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

BOOST YOUR HEALTH AND WELL-BEING BY SPENDING TIME OUTSIDE

Spending time outdoors not only boosts our mood and overall well-being, but it also offers numerous health benefits. From reducing stress to improving physical fitness, there are countless reasons to prioritize time outdoors in your daily routine. Research has shown that spending time in nature can lower blood pressure, boost immunity, and increase vitamin D levels. Outdoor activities like hiking or gardening can also improve cardiovascular health and promote mental clarity. So, next time you're feeling overwhelmed or in need of a mood boost, consider heading outside for some fresh air and sunshine to reap the many health and wellness benefits of nature. Set a daily or weekly goal for spending a certain amount of time outdoors, whether it's for exercise, relaxation, or simply enjoying nature. Get started by using the ideas below.

- Organize outdoor group activities such as walking, biking, picnics, or book club meetings with friends or family members.
- Create an outdoor relaxation area in your backyard or balcony with comfortable seating and shade.
- Take up a new outdoor hobby such as bird watching, photography, gardening, or fishing.
- Schedule regular outdoor meals or picnics to enjoy the fresh air and sunshine while eating.
- Find a nearby outdoor event to attend, such as a farmers market, concert, or outdoor movie screening.

JUNE IS MEN'S HEALTH MONTH



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

STAY COOL IN THE SUMMER HEAT

With summer fun comes the risk of excessively hot weather. This type of weather increases risk of exhaustion, dehydration, and heat stroke. Check out the tips below to stay safe as the weather warms, and make sure to follow your doctor's advice if you have a medical condition.



Prepare Early - Monitor the weather, and prepare yourself and your home before a heat wave arrives to reduce the risk of being caught off guard by extreme heat.



Pace Yourself - Slow down and shorten warm weather workouts. Aim to move in the morning or evening when temperatures are lowest, or stick to shady pathways and trails to avoid overheating.



Dress Smart - Wear light-colored, loose-fitting clothes made from natural fibers to stay cool, avoid heat rash, and prevent infection.



Hydrate - Be proactive by keeping water nearby. Avoid alcoholic or sugary drinks, as they can make dehydration worse. If you are drinking alcoholic or sugary beverages, be sure to mix in drinking a bottle of water between new beverages.

WHAT'S HAPPENING THIS MONTH?



Pet Therapy Day - Reschedule Coming Soon!

Keep an eye out for an email with the rescheduled date and time.

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.

- **June:** Outdoor Recreation and Wellness with Abby Czynson from Monroe County Forestry and Parks Tuesday June 11th at 8:15am-8:45am.
- **July:** Sun Safety and Skin Cancer Prevention Tuesday July 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 on the Human Resources website.

Find our 2024 wellness resources at:

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