



WEALTH IN WELLNESS

AUGUST WELLNESS NEWSLETTER

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

DISCOVER YOUR PURPOSE

Your purpose is a personally meaningful, authentic set of life aims that guide behavior and generate satisfaction. Having a sense of purpose and feeling like what you do is worthwhile reduces stress, enhances self-esteem, and even helps you live longer! Find time to slow down and reflect as you consider the following to help uncover your purpose.

LISTEN TO FEEDBACK



Take note when someone pays you a compliment or makes an observation about you.

EXPLORE INTERESTS



Identify the conversations you enjoy the most and the things you like to share with others.

SUPPORT A CAUSE



Think about an issue you are passionate about and donate your time, money, or talent to help.

AUDIT YOUR INNER CIRCLE



Consider who you are surrounded by and if these relationships encourage and uplift you.

SIMPLIFY YOUR LIFE WEEK - AUGUST 5TH-I1TH

Whether it's tidying up your living space, managing your digital footprint, or reassessing your daily routines, simplifying can lead to increased happiness and productivity, reduced stress, and a greater sense of well-being. Take this week to focus on what truly matters, eliminate unnecessary distractions, and create a more harmonious and efficient environment. Let's embrace simplicity and make room for more joy and meaningful experiences in our lives! Here are three tips to help you simplify your life:

- **Declutter Your Space:** Start by getting rid of items you no longer need or use. This can be anything from clothes you haven't worn in a year to gadgets that are collecting dust. Donate, sell, or recycle these items. Organize your digital life by deleting unnecessary files, organizing important documents into folders, and unsubscribing from emails that no longer serve you.
- **Prioritize and Streamline Your Tasks:** Write down everything you need to do, then prioritize these tasks based on importance and deadlines. Focus on completing the most critical tasks first. Learn to say no to commitments that don't align with your priorities or add unnecessary stress. This will free up time for activities and people that matter most to you.
- **Adopt Minimalist Habits:** Be intentional about what you bring into your life, whether it's material possessions, social activities, or information. Ask yourself if it adds value or joy to your life before committing.

FEATURED RESOURCE: WISCONSIN TOBACCO QUIT LINE



The Wisconsin Tobacco Quit Line is a free service that has helped more than 200,000 people in their journey to address their smoking, vaping, or chewing tobacco.

You can:

- Chat online, text READY to 34191, or talk with a quit coach.
- Make a plan that's right for you. You're in control. We go at your pace. Just want info? Want to just cut down? We got you.
- Reach us 24/7 if you're a Wisconsin resident who is at least 13 years old.

Learn more at quitline.wisc.edu or call 800-QUIT-NOW

WHAT'S HAPPENING THIS MONTH?

MEET WITH A RETIREMENT ADVISOR

- Roth IRA representative, Ron Gloe, will be on site August 12th from 9am-4pm. Contact Ron at 1-866-708-3894 or ron.gloe@osaicwealth.com to make an appointment.
- Deferred Compensation representative, Gregg Sperber, will be on site August 13th from 11am-4pm and August 14th from 8am-3pm. Schedule an appointment online at <https://bit.ly/MonroeCoWI> or email questions to sperbg1@nationwide.com

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.

- **August:** Get Back to Basics - Financial Wellness with Gregg Sperber from Nationwide Tuesday, August 13th at 8:15am-8:45am.
- **September:** Medication Safety with Eryn Leahy from the Monroe County Health Department Tuesday, September 10th at 8:15am-8:45am.

*Presentation recordings will be posted on the Human Resources website.



Join our Zoom Meeting:

<https://bit.ly/3Hr1Ztn>

Meeting ID: 872 7191 0533

Passcode: 690755



Have you downloaded your Wellness Activities Checklist, yet?

We are over halfway through the year! Keep prioritizing your wellness by completing the activities on your Wellness Activities Checklist. Complete at least 6 activities, and turn your checklist in by November 27th to be eligible to receive a prize. Learn more about who is eligible to participate and download your checklist on the Employee Wellness section of the Human Resources website.

Find our 2024 wellness resources at:

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

