

WEALTH IN WELLNESS

NOVEMBER WELLNESS NEWSLETTER

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



TAKE STEPS TO PREVENT OR MANAGE DIABETES

Diabetes is a disease that occurs when your blood glucose (blood sugar) is too high. When it's not managed, diabetes can cause damage to the eyes, kidneys, nerves, heart, and is linked to some types of cancer. If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems. Here are some tips to help you prevent or manage diabetes:



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress. As a benefit of being a Monroe County employee, try EAP for free!



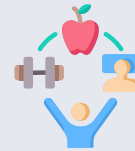
Take your medications on time, even if you feel healthy. Talk to your doctor or pharmacist for help with managing your medications.



Manage your A1C, blood pressure, and cholesterol levels. Ask your doctor about what your levels should be.



Work closely with your primary care provider to prevent or manage diabetes.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more active, and get enough sleep.

TAKE CARE OF YOUR MENTAL HEALTH THIS HOLIDAY SEASON

Holiday stressors can overshadow the season's joy and impact your mental well-being. While it's normal to experience a range of emotions during the holidays, you can control how you respond to these feelings and situations. Try these strategies to feel prepared and empowered when common seasonal stressors occur:



Lack of Holiday Cheer

Don't force happiness. Try volunteering to shift focus from struggles to service.



Grief and Loss

Release unrealistic expectations, and let loved ones know how to support you.



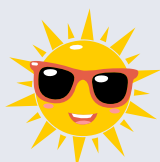
Social Pressure

Prioritize and attend gatherings that you value, and be comfortable saying, "No."



Loneliness

Connect with others (ideally in person), and engage in activities you enjoy.



Minimal Sunlight

Schedule outdoor exercise when the sun is brightest (10am-2pm), or work near a window, if possible.



Budget Constraints

Stick with a budget, or give creative alternatives like hand-made gifts or homemade treats.

SUPERFOODS TO BOOST YOUR HOLIDAY COOKING



Pumpkin - Rich in vitamins, fiber and potassium, this is a perfect addition to soups and baked treats.



Sweet Potatoes - Loaded with vitamin A, these are versatile for fries, baked potatoes, casseroles and pies.



Kale - A powerhouse of vitamins A, B6, C, K, folate and fiber, kale works well in salads, soups, smoothies and sautés.



Brussels sprouts - Full of inflammation-reducing antioxidants, sprouts can be prepared in many ways.



Cranberries - Antioxidant-rich, these are ideal for sauces, salads, snacking and baked goods.



Flaxseed - Full of omega-3 fatty acids, fiber and antioxidants, flaxseed can be worked into drinks, meals and baked goods.

WHAT'S HAPPENING THIS MONTH?



REMINDER: 2024 WELLNESS ACTIVITIES CHECKLIST DUE NOVEMBER 27TH BY 4:30PM

The 2024 Wellness Activities Checklist must be turned in to Hannah Olsen by Wednesday, Nov. 27th at 4:30pm in order to be eligible to earn a prize for your annual participation. ***No late submissions will be accepted.** Complete at least 6 activities to earn a prize and meet the Wellness Program component of the HPP. Send your completed Checklist to Hannah via email at hannah.olsen@co.monroe.wi.us, or drop it off in-person at the HR office.

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.

- **November:** Resilience - Mindfulness, Self-Care, Boundaries
with Kristen Godding from Gundersen Employee Assistance Program (EAP)
Tuesday, November 12th at 8:15am-8:45am.

- **December:** How to Sleep Your Best
with Laura Reutlinger from the Monroe County Health Department
Tuesday, December 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



Find our 2024 wellness resources at:

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