



# Monthly Wellness Coordinator Update

## Dakota Wellness Program



July 2026

### Monthly well-being theme

#### The U-shaped curve of happiness

The U-shaped happiness curve shows that well-being tends to be highest in childhood, dips during midlife, and rises again in older adulthood. Research suggests midlife stressors such as work pressure, financial responsibilities, and caregiving can temporarily lower happiness levels. However, this pattern is not fixed. Studies in wellness and positive psychology show that people can improve emotional well-being at any age through healthy habits and mindset shifts. Regular physical activity, quality sleep, nutritious eating, mindfulness, strong social connections, and time in nature all support mood and resilience. As people age, many also experience greater gratitude, purpose, and appreciation for life's simple moments, contributing to renewed happiness later in life.

### Member wellness webinar

2<sup>nd</sup> Tuesday of the month

July 14<sup>th</sup> at 10 a.m.

During this 15-minute LIVE webinar, Sanford Health Plan will share ways to improve your well-being.

Employees who register and attend the live webinar will receive a certificate of completion voucher from Sanford Health Plan for **3,000 points**.

**Register for the 2026 webinars!**

### Announcements & reminders

#### Wellness coordinator recharge workshops

Join the Dakota Wellness team for an overview of the Dakota Wellness Program, NDPERS wellness benefits and how Sanford Health Plan can support your agency's wellness programming.

As a part of the Employer Based Wellness program, wellness coordinators are required to attend or view a recording of the Recharge workshop. This year's events will be held in CT on the following dates and times. Choose the session that best fits your schedule:

- Tuesday, Aug. 18 from 1 to 3 p.m.
- Wednesday, Aug. 19 from 10 a.m. to noon
- Tuesday, Aug. 25 from 1 to 3 p.m.

**Register for the 2026 Recharge workshop here!**

#### Inside this issue...

- The U-shaped curve of happiness
- Wellness webinar
- Reminders and announcements
- Program resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

#### Monthly Book Club

***Build the Life You Want: The Art and Science of Getting Happier***  
by Arthur C. Brooks

[Download poster](#)  
[Download flyer](#)

Wellness coordinator webinar  
4<sup>th</sup> Tuesday of the month:  
July 28<sup>th</sup> at 10 a.m.

**Register for the 2026 meetings!**

#### Monthly observances

UV safety month  
National minority mental health awareness month

## Rethink your drink - hydration challenge

- Registration opens on Aug. 5 and the challenge runs Aug. 19 through Sept. 15.
- Goal: Track your daily water intake for 21 of the 28 days. On at least 14 of those days answer "Yes" to tracking six or more glasses of water (48 ounces) to earn points.

## Coordinator wellness program resources

Website and downloadable tools

### **Dakota Wellness website**

### **Dakota Wellness program guide**

### **Dakota Wellness program certificate of completion**

## Join us on Facebook

### Free well-being information

Follow Sanford Health Plan's Facebook page for access to our well-being information all in the convenience of your newsfeed.



## Contact your wellness team

**[NDPERSwellness@sanfordhealth.org](mailto:NDPERSwellness@sanfordhealth.org)**

(800) 499-3416 (TTY: 711)