

Monthly Wellness Coordinator Update

Dakota Wellness Program



September 2022

Monthly Well-being Education

Healthy Self-Talk

All of us have a voice in our head that can feed us both positive and negative thoughts. By creating a work environment that fosters healthy self-talk at the work place and at home, you are encouraging happier and more confident employees.

In the workplace, the wellness programming that is available can include:

- Free Sanford Health Plan virtual yoga classes lead by a certified yoga instructor allow employees a time to foster positive self-talk and mindfulness through movement.
- Sanford Health Plan offers well-being trainings that can help build self-talk skills in various areas of wellness. Some examples are:
 - Mindful eating which focuses on our internal thoughts surrounding food
 - Love your job which encourages employees to explore new ways to think about their job
 - Our new presentation psychology & behavior change which can be helpful in creating a work environment that promotes healthy self-talk around healthy changes
- Although self-talk is something that is happening in our own heads, your actions can influence someone else's self-talk. Compliment a co-worker on their work ethic or practice improving your self-talk by talking to co-workers in the way you want to talk to yourself.
- Switch the script on challenging projects from "I can't do this" to "How can I do this" or "What strengths do I have to find a solution".

Employee Well-being Training

Monthly webinar September 13 at 10 a.m.

During this 15-minute LIVE webinar, join Audra for a discussion on self-talk that works.

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

Register now for the entire 2022 meeting series!

Virtual Book Club

Starting October 2022

Our new virtual book club will provide a way for members to virtually engage and connect with the six dimensions of wellness in a more meaningful way on a monthly cadence.

Virtual book club details

- Allows employees to participate virtually on a monthly cadence
- Multiday event worth 6,000 points
- Provides discussion questions, and a space to talk about wellness
- Features book club book from previous month's newsletter

Be on the lookout in your monthly communications for more information on dates, times, and registration information.

Inside this issue...

Healthy self-talk
Virtual book club
2022 ReCharge recap
Wellness coordinator announcements

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Chatter: The voice in our head, why it matters, and how to harness it by Ethan Kross

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The August 23 webinar will feature ways employers can foster a workplace environment that encourages healthy self-talk.

Register for the 2022 meeting series

Monthly Observances

Baby safety
Blood cancer
Childhood cancer
Childhood obesity
Cholesterol
Fruits and veggies
Healthy aging
Menopause
Ovarian cancer
Prostate cancer
Recovery
Whole grains

4-10: Suicide prevention
11: Day of remembrance

Wellness Coordinator ReCharge Workshop 2022 Recap

Thank you to all who attended ReCharge this year! PowerPoint slides and well-being program ideas will be sent via email in the upcoming weeks.

- There were a total of 102 wellness coordinators who participated
- 76 feedback surveys completed

If you were not able to attend a live session, a recording will be uploaded to the NDPERS website to view.

Wellness Coordinator Reminders and Announcements

Coordinator Wellness Program Resources Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2022](#)

[Download the Certificate of Completion Voucher](#)

Join us on Facebook

Free classes and well-being information

Join the Sanford Health Plan Wellness and Lifestyle Medicine Facebook group for access to our live and recorded cooking classes, workouts and well-being information all in the convenience of your newsfeed.

[Join Group](#)

Contact your wellness team

Wellness Benefits

Angela Oberg
ndperswellness@sanfordhealthplan.com
(701) 323-2132

Western Region

Rachel Iverson
rachel.iverson@sanfordhealth.org
(701) 323-6069

Eastern Region

Alexis Allen
alexis.allen@sanfordhealth.org
(701) 417-6537