

Monthly Wellness Coordinator Update

Dakota Wellness Program



April 2023

Monthly Well-being Education Stress Management

Chronic stress over time can lead to a decrease in health and burnout. Do you know the warning signs of employee burnout? Increased leave/sick time, lower quality work or decreased productivity are just some of the signs your employees may be on the brink of burnout. Employers can create a culture of health to reduce stress and improve well-being

- Offer employee training presentations on Mindfulness, Sleep, Gratitude or Overcoming Stress
- Increase awareness among your employees of the Employee Assistance Program for free confidential, short-term counseling
- Join the Monthly Wellness Coordinator webinar for more ideas to decrease stress for employees by developing a culture of health and support

By creating a culture of health and giving employees tools and resources to manage stress, you may see an increase in mood, productivity, and workplace culture.

Employee Well-being Training Monthly webinar April 11 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on stress management.

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 2023 meeting series!

2023 May Wellness Challenge Walk@Work & Marathon in a Month

May is employee health and fitness month - we encourage wellness coordinators to start to think of physical activity opportunities they can implement for employees during the month. Sanford Health Plan sponsored activities include:

Marathon in a Month Challenge: a steps tracking challenge will be available to employees and spouses on the wellness portal. Completing 50,000 steps – the equivalent of a marathon – will earn them 1,500 points. Registration begins April 20, and the challenge starts on May 4.

Walk at Work: More information and registration coming soon!

Wellness Coordinator Reminders and Announcements

Coordinator Wellness Program Resources Website and downloadable tools

Inside this issue...

Stress management
May wellness challenges
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Monthly Book Club

**Take Your Lunch Break:
Helpful Tips for Relieving
Work-Related Stress**

by Massoma Alam Chohan

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

Monthly Wellness Coordinator Webinar

4th Tuesday of the month

The next webinar will be April 25

**Register for the 2023
meeting series**

Monthly Observances

**Alcohol
Autism
Cancer control
Donate life
Stress**

**2-8 – Public health
6 – Alcohol screening
16 – Healthcare decisions
16-22 – Volunteer
22 – Earth**

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2023](#)

[Download the Certificate of Completion Voucher](#)

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Contact your wellness team

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