

Monthly Wellness Coordinator Update

Dakota Wellness Program



July 2025

Monthly Well-being Theme

From Critic to Caretaker: The Case for Self-Compassion

We're often our own harshest critics—but what if you became your biggest source of support instead? In July, we explore the power of self-compassion and how treating yourself like a trusted friend can boost your mental health, resilience, and overall well-being. Learn why kindness to yourself is a strength, and how a simple shift in your inner dialogue can change everything. If you're tired of the inner critic running the show, this is your invitation to lead with grace, not guilt. You deserve that kind of care.

Member Wellness Webinar

2nd Tuesday of the month

July 8th 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 2025 webinars!](#)

Announcements & Reminders

Sleep Challenge:

Coming to the wellness portal in August.

Experience the many benefits of a good night's sleep with the Seize the Zzzz Sleep Challenge.

The Challenge: Take steps to improve sleep habits and record sleep quality for at least 21 out of 28 days. Participants are eligible to earn rewards if they get a good night's sleep for at least 14 days.

Wellness Coordinator Recharge Workshops

Virtual event in August

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 CST on the following dates and times: Chose the session that fits best into your schedule.

Inside this issue...

- Self-Compassion
- Wellness Webinar
- Reminders and Announcements
- Program Resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

***The High 5 Habit* by Mel Robbins**

[Download poster](#)

[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:

July 22nd at 10 a.m.

[Register for the 2025 meetings!](#)

Monthly Observances

Healthy Vision
Juvenile Arthritis Awareness
UV Safety
Park and Recreation

- Tuesday, Aug. 19 from 1 to 3 p.m.
- Wednesday, Aug. 20 from 10 a.m. to noon
- Tuesday, Aug. 26 from 1 to 3 p.m.

[Click Here to Register](#)

Coordinator Wellness Program Resources
Website and downloadable tools

[Dakota Wellness Website](#)

[Dakota Wellness Program Guide](#)

[Dakota Wellness Program Certificate of Completion](#)

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Contact your wellness team

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