

Monthly Wellness Coordinator Update

Dakota Wellness Program



April 2025

Monthly Well-being Theme

Stress Management for Well-being

Chronic stress can harm your physical, mental, and emotional health, making stress management essential for a balanced life. Practices like mindfulness and meditation help calm the mind, while regular exercise releases endorphins that improve mood and reduce tension. Quality sleep is equally vital. Maintaining a consistent schedule promotes emotional stability and recovery. Managing time effectively, setting priorities, and taking breaks can also prevent feeling overwhelmed. Connecting with trusted friends or professionals provides emotional support, while hobbies such as reading or enjoying nature offer relaxation. By adopting these habits, you can reduce stress, build resilience, and enhance your overall well-being.

Member Wellness Webinar

2nd Tuesday of the month

April 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!](#)

May Well-being activities

Marathon in a Month Challenge and Walk@Work

May is dedicated to employee health and fitness. We encourage wellness coordinators to begin planning physical activity opportunities for employees throughout the month. Sanford Health Plan's sponsored activities include:

Marathon in a Month Challenge: this 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 17 and the challenge starts on May 1.

Walk@Work: We will provide promotional materials including event ideas and a fillable flyer to promote a walking event at your agency.

Wellness coordinators are asked to register to receive our promotional materials as well as one \$25 gift card to use as a prize for Walk@Work event(s)

- Registration will be sent out via email in April

Inside this issue...

- Stress Management
- Wellness Webinar
- Reminders and Announcements
- Program Resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

Monthly Book Club

Less Stress, More Calm: Discover Your Unique Stress Personality and Make It Your Superpower Book by Lauren Hodges Ed.D.

[Download poster](#)

[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:
April 22nd at 10 a.m.

[Register for the 2025 meetings!](#)

Monthly Observances

Alcohol Awareness
Autism Awareness
Cancer Awareness
Stress Awareness
Testicular Cancer Awareness
April 7 World Health Day
April 16-22 Oral, Head, and Neck
Cancer Awareness Week

- **Don't forget to reward employee participants in your wellness activities with a voucher certificate of completion worth 3,000 points for a one-day event!**

[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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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.



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