

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



November 2023

### Monthly Well-being Education

#### Gratitude: The path to a happier and healthier life

In today's fast-paced and often stressful world, finding moments of joy and contentment can seem like a challenge. However, one powerful and transformative tool that has gained recognition in recent years is gratitude. Gratitude is more than just saying "thank you." It's a mindset, a way of life that can have a profound impact on our well-being. We'll explore the science and practice of gratitude, and how it can lead us to a happier, more fulfilled life.

### Employee Well-being Training

#### Monthly webinar November 14 at 10 a.m.

During this 15-minute LIVE webinar, join us for a discussion on ways to improve your gratitude.

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 November 2023 webinar!**

### Wellness Challenge

#### Wellness from Within Challenge

Challenge overview:

- Different emotion well-being topics each week
- Track entries in emotional health journal
- Record 'yes' on at least 21 days of the 42-day challenge

Challenge dates:

- Enrollment: October 11 – November 1
- Challenge: October 25 – December 5
- Record entries: by December 12
- Points (1,500) awarded: by December 13

Access through the challenges section within the [wellness portal](#).

### Coordinator Wellness Program Resources

#### Website and downloadable tools

[Dakota Wellness website](#)

[Download Dakota Wellness Program Guide 2023](#)

[Download the Certificate of Completion Voucher](#)

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#### Monthly Book Club

**Wake Up Grateful**  
by Kristi Nelson

[Download poster](#)  
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#### Monthly Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month

The next webinar will be  
November 28

**Register for the November 2023 meeting**

#### Monthly Observances

- National Alzheimer's Disease Awareness Month
- COPD Awareness Month
- Diabetes Awareness Month
- Lung Cancer Awareness Month
- Pancreatic Cancer Awareness Month
- Stomach Cancer Awareness Month
- Great American Smokeout – Nov. 16
- Antibiotics Awareness Nov. 18-24

## Join us on Facebook

### Free wellbeing 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)