

Monthly Wellness Coordinator Update

Dakota Wellness Program



November 2024

Monthly Well-being Theme

Forging Fortitude: Unleashing the Power of Inner Strength

Forge inner strength as a resilient fortress amidst life's challenges. Start with self-awareness, acknowledging strengths and weaknesses, nurturing the former, and mitigating the latter. Thrive on adversity, turning trials into stepping-stones. Embrace discomfort, confront fears, and reject complacency. Cultivate perseverance and resilience, reframing obstacles as growth opportunities. Recognize strength in vulnerability and courage. Intertwine inner strength with self-compassion and empathy, extending kindness to oneself and others. It's a lifelong journey of dedication, patience, and belief, emerging stronger from life's storms.

Member Wellness Webinar

2nd Tuesday of the month

November 12 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 2024 webinars!

Reminders and Announcements

Coming soon to the wellness portal...

What is the Stressless challenge?

This challenge is designed to help you take steps toward positive stress management during our busiest time of the year. Take five minutes for yourself each day and have fun while learning tips and techniques to de-stress.

What kinds of stress relief activities can I do?

There are unlimited ways to relieve stress—what works for you is what is important. You can try exercising, meditating, or controlled breathing.

Challenge dates: November 6-December 12

Coordinator Wellness Program Resources Website and downloadable tools

Inside this issue...

- Inner strength
- Wellness webinar
- Reminders and announcements
- Program resources

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Monthly Book Club

***The Mountain Is You:
Transforming Self-Sabotage
Into Self-Mastery*** by Brianna
Wiest

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

Wellness Coordinator Webinar

4th Tuesday of the month:
November 26 at 10 a.m.

**Register for the 2024
meetings!**

Monthly Observances

American diabetes
COPD awareness
Lung cancer awareness
Alzheimer's disease awareness
pancreatic cancer awareness
Stomach cancer Awareness
November 16: Great American
Smokeout

[Download Dakota Wellness Program Guide 2024](#)

[Dakota Wellness website](#)

[Download the Certificate of Completion Voucher](#)

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Contact your wellness team

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