

Working on Wellness



May is National Mental Health Awareness Month

The Helpline Center offers a range of mental health and suicide prevention training sessions across South Dakota. We encourage you to join an upcoming training or arrange one today to gain valuable skills in recognizing and responding to mental health and suicide crises.

Mental Health Trainings & Resources



WORKWELL

South Dakota worksites wrapped up the third quarter of the WorkWell Grant. **Environmental and Policy** interventions were implemented within the worksite. Self-Care, safe space, and breastfeeding support are just a few that **Worksite Leaders** from several worksites supported their employees with.

Worksite Highlight



American Institute for Preventive Medicine

Waking up Well

15 minutes to start your day right
Each week will focus on a new topic.
Wednesdays 9am CST



May Move Well



Around the Worlds: Start by selecting your dumbbell weight of choice. Begin the exercise by holding the weights with your arms hanging down, in front of your thighs, with palms facing forward. Slowly lift your arms out to your sides and then over your head (making a circle) with your palms facing forward the full movement. Slowly lower the weight back down (retracing the same circle at the same speed) to the starting position. Repeat.

May

Eat Well -Take it to the Grill

Grilling season is the perfect time to enjoy lighter, healthy meals packed with fresh flavors. Grilled chicken paired with a vibrant strawberry and pineapple salsa is a delicious option! Here's a simple recipe you can try:

Grilled Chicken with Pineapple and Strawberry Salsa

