

Wellbeing Work

 Meeker, McLeod, Sibley
Healthy Communities



Welcome to the July Wellbeing at Work Newsletter

This newsletter is designed to offer support to HR staff and worksite wellness coordinators in an effort to promote better health at workplaces and to keep partners informed of the latest guidance and resources available on the COVID-19 pandemic. Please note that any reference to organizations, websites, products or services in this newsletter is intended for educational purposes and does not constitute an endorsement.

Well Being at Work Scholarships Applications now being accepted!!

A well-designed workplace wellness initiative offers an organizational structure and a physical environment that supports employee health and encourages positive lifestyle behaviors such as adequate physical activity, healthy eating, tobacco-free environments and support for nursing moms.

Working adults in the United States spend most of their day in the workplace, leaving the work environment with significant potential to influence health. Workplace wellness efforts have a significant potential to influence health. Healthy, motivated employees are important to the workplace and can have a positive impact on an employer's bottom line. Workplace wellness initiatives can help employers manage the cost of health care benefits and insurance by providing a positive return on investment (ROI). A meta-analysis placed the annual return on investment for medical costs for a comprehensive workplace wellness initiative at \$3.25 and savings on absenteeism costs at \$2.70 for every \$1 spent on wellness programs.

SHIP can provide the foundation and start up dollars to develop a comprehensive program.

- **Start Up and Sustainability** – gaining leadership support, forming a wellness committee, developing a brand and communications timeline, securing a budget and assessing the workplace environment to begin planning.
- **Strategies** – employers will work with one or more strategies to improve the work environment in healthy eating, active living, tobacco reduction, breastfeeding support, or resiliency (formerly called stress management).
- **Networking Meetings** – employers and wellness leaders will be invited and encouraged to attend regular networking meetings to sustain work initiated in their workplaces.

For more information ~ Apply today!

SHIP Work Scholarship Application



COVID-19 and Tobacco Use

Many of the same communities disproportionately affected by COVID-19 are also disproportionately affected by commercial tobacco. Smoking can compromise the immune system, which makes people at higher risk for severe illness from COVID-19. For decades, the tobacco industry has targeted children, communities of color, and people who are stressed and struggling. This can lead to addiction and lifelong health conditions that make people more susceptible to a long list of illnesses, including COVID-19.



Quit Partner is Minnesota's free way to quit nicotine, including smoking, vaping and chewing. Quit Partner provides one-on-one coaching and other helpful tools. Download and print the new COVID-19 versions and other promotional materials from the [downloadable materials webpage](#).

Visit the [Quit Partner website](#) to learn more about their resources.

quit partner™
Free help to
quit your way

Meet Quit Partner™

We're Minnesota's new way to quit smoking, vaping and chewing for free. Get medications, quit coaching and more.

Say, "hi."

1-800-QUIT-NOW

QuitPartnerMN.com



Upcoming Webinar: (Tomorrow!!) Walking as a Practice: What Does it Mean To You?

Date: July 8

Time: 1 p.m. – 2 p.m.

There are many reasons to walk that are not related to transportation. The practice of walking can impact our health, spirituality, and culture. This webinar, will expand on how walking is ingrained in our being (whether on foot or on wheels), focus on examples of walking as a practice, and discuss how walking can break down barriers in our communities.



This webinar is intended for those just starting out on the walking path as well as those interested in learning more about the topic. Visit the [America Walks website](#) to register and learn more.

Mental Wellbeing: Finding Flow and Purpose:

Mihaly Csikszentmihalyi, the author of [Flow: The Psychology of Optimal Experience](#) describes FLOW as a state of mind when you are in deep concentration, working on something that is challenging but for which you have the skills to accomplish. Finding FLOW contributes to our sense of accomplishment and purpose. Ultimately, frequent experiences of FLOW improve our daily and long-term **happiness**. During COVID many of us are experiencing frequent interruptions from family at home or even from the constant sound of emails, disrupting our opportunity for this experience.

Some tips to help find flow, even for a part of each day, include:

- Set a goal for each day that is meaningful and feasible.
- Reduce distractions for a designated part of each day (turn off email if you can, or turn down the tone, turn off your phone)
- Recognize your accomplishments.
- Consider how you feel when you are in Flow



What's New - Guidance and Resources

- [Guidance for Environmental Health Response to COVID-19 Cases in Regulated Business \(PDF\)](#) Guidance for state and local environmental health (EH) specialists to expand the scope of the types of outbreaks to which they typically respond.
- [Vaccination during COVID-19.](#)
- [Interim Guidance for Providing Non-Emergency Transportation Services during COVID-19.](#)
- [Daily Life & Coping: Pregnant and postpartum people.](#)

Useful Links For Minnesota Employers



Please Visit:

MDH Minnesota Helpline

MN OSHA:Workplace Safety
Concerns

Business closures, workplace safety,
unemployment:

[651-297-1304](tel:651-297-1304) or [1-800-657-3504](tel:1-800-657-3504)

Weekdays: 8 a.m. to 4:30 p.m.

Email: health.covid19@state.mn.us

Workplace safety or health
questions or concerns

[651-284-5050](tel:651-284-5050) or [877-470-6742](tel:877-470-6742)

Email: osha.compliance@state.mn.us

Minnesota COVID-19 Dashboard

Contact us:

Pam Bagley, M.S.

Health Educator and SHIP Grant Coordinator

Meeker County Public Health

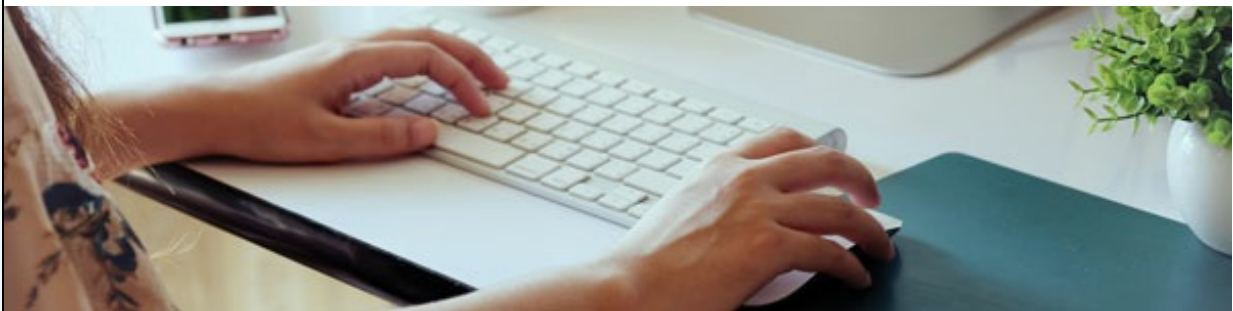
Meeker McLeod and Sibley County Community Health Services

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About us:

Monthly newsletters are compiled by the Well Being at Work Leadership Team.

The Well Being at Work Consortium hosts quarterly meetings and offers technical support to employers located in Meeker McLeod and Sibley Counties. Grant dollars are available for workplace wellness initiative.

For more information visit the Healthy Communities website at <https://www.mmshealthycommunities.org/> and click on the Wellbeing at Work tab.



