

Dakota Wellness Program

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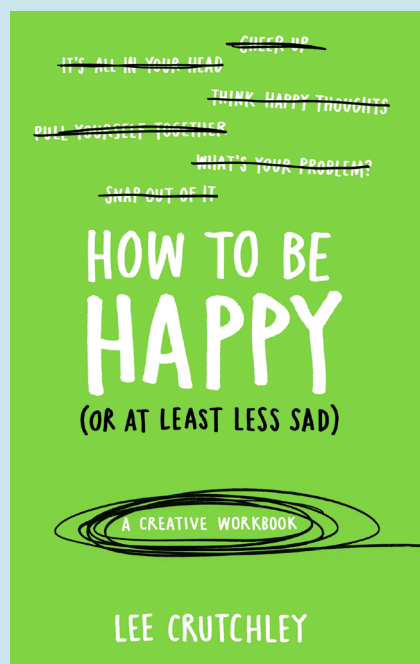
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Cultivating Happiness

Happiness is not about chasing external achievements like wealth or success; it's about nurturing what's already inside. We often think that the right job, perfect relationship or social status will bring lasting joy, but these are fleeting sources of happiness. In reality, happiness is more about perspective and attitude.

Research in positive psychology shows that true, lasting happiness comes from within. Simple habits like practicing gratitude, being mindful fostering strong relationships and setting meaningful goals can create deeper fulfillment. These small shifts don't require big life changes but allow you to savor the present moment and find contentment in the everyday.

The wonderful thing is, anyone can start these habits, no matter where they are on their journey. It's never too late to cultivate a mindset that leads to lasting joy. With a little dedication, you can transform your life into a more meaningful and happier one.



Book Club

How to Be Happy (Or at Least Less Sad) **by Lee Crutchley**

Lee Crutchley's How to Be Happy (Or at Least Less Sad) is an interactive workbook that helps readers explore their emotions and gradually improve their well-being. Instead of offering a simple formula for happiness, the book provides creative exercises—such as journaling, drawing, and reflection—to encourage self-awareness and self-compassion.

Crutchley acknowledges that happiness is complex and personal. His engaging prompts help readers challenge negative thoughts, practice gratitude and find small moments of joy. The book's informal and supportive tone makes it accessible, even for those skeptical of traditional self-help methods.

Rather than promising instant happiness, the workbook encourages small, meaningful changes that lead to emotional balance. By actively participating in its exercises, readers can better understand their emotions and develop healthier mindsets.

Discussion questions

1. Which exercise in the book resonated with you the most, and why?
2. How has your perspective on happiness changed after reading this book?
3. What small habits can you implement daily to feel “less sad”?

Ask the Expert: **Are fruit and fruit juice healthy?**

Yes, fruit is generally very healthy! It's packed with essential vitamins, minerals fiber and antioxidants, which support immune function, digestion, and overall health. Eating whole fruits provides fiber that helps regulate blood sugar and supports heart health.

However, when it comes to fruit juice, it's a bit more complex. While it contains vitamins and nutrients, it often lacks the fiber found in whole fruits. Additionally, fruit juices can be high in sugar and calories, especially if consumed in large quantities. To maximize health benefits, it's better to consume whole fruits, and if drinking juice, opt for 100% fruit juice without added sugars. Moderation is key!



Parks and Recreation

In June, Midwest parks and recreation areas offer the perfect setting for outdoor activities. The warm weather makes it ideal for hiking, biking, and picnicking, while lakes and rivers invite kayaking, canoeing, and fishing. Many parks host outdoor concerts, festivals and farmers' markets, providing a lively atmosphere. For families, playgrounds and nature trails offer fun, educational experiences, while sports enthusiasts can take advantage of open fields for soccer, baseball and frisbee. June's long days also allow for evening stargazing or campfires, making parks a hub of community engagement and connection with nature.

Finding a hobby

Finding a hobby can be a fulfilling way to enrich your life. Start by exploring activities that align with your interests or passions—whether it's creative, like painting or writing, or active, such as hiking or sports. Experiment with different options to see what resonates with you. Consider hobbies that offer relaxation, such as gardening or knitting or ones that challenge your mind, like puzzles or coding. A hobby provides not only personal enjoyment but also opportunities to develop new skills, reduce stress and connect with others who share similar interests. The key is to enjoy the journey of discovery.



Preventive Health

Protect yourself from the sun

June is the start of summer and the perfect time to start planning how to protect yourself from the sun. Ultraviolet (UV) rays from the sun can damage the skin and increase the risk of skin cancer. Limiting your exposure to UV radiation can reduce skin damage such as wrinkles and discoloration and can also reduce your risk of developing skin cancer.

To protect your skin:

- Apply a generous amount of broad-spectrum sunscreen at least 30 minutes before exposure to the sun
- Reapply sunscreen every two hours and anytime you sweat or swim
- When outdoors wear long sleeve tops and pants, sunglasses that have UV protection and a wide brimmed hat that protects your face and neck
- Be aware that water, sand and snow reflect sun rays
- Use sunscreen on cloudy days because UV rays can still cause damage to skin even when the sun isn't shining
- Protect your lips by using lip balm with sunscreen
- Avoid sun exposure between 10 a.m. and 4 p.m. when the rays of the sun are the strongest

Fresh Corn and Black Bean Salsa

Total Time: 30 minutes | Servings: 1

OK, we may be pushing the limits of salsa here and edging on salad territory. But that's the whole fun. This chunky mix unites chopped tomatoes, fresh corn, and earthy black beans with the bold flavors of lime, cilantro, and hot sauce. Try the salsa scooped up with baby bell peppers, added to a quesadilla filling, or spooned over grilled chicken.

Ingredients:

8 item(s), finely chopped grape tomatoes
½ cup(s) uncooked corn
¼ cup(s), drained and rinsed canned black beans
1 small, thinly sliced scallions
2 Tbsp, chopped cilantro
¼ tsp, grated lime zest
2 tsp fresh lime juice
1 pinch table salt
⅓ tsp hot pepper sauce
6 item(s), halved, seeded sweet mini peppers

Instructions:

1. In a medium bowl, combine the tomatoes, corn, beans, scallion, cilantro, lime zest and juice, salt, and hot sauce. Serve with the bell peppers.
2. Serving size: 1 bowl

Nutrition

Calories: 339 kcal | Carbohydrates: 65.2g | Protein: 10g | Fat: 2.7g



Monthly Observances

Men's Health

National Migraine and Headache Awareness

PTSD Awareness

June 1 National Cancer Survivors Day

June 9-15 Men's Health Week

June 14 Family Health and Fitness Day

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