

SELF CARE  
*September*

*Presents*

# CANDID CONVERSATIONS

TO

## EDUCATE | EMPOWER | ENCOURAGE | EMBRACE

Level Up's annual **Self-Care September** Campaign is back! As behavioral health is one of Level Up's five dimensions, we want to remind you that you matter!

Self-care is always important, and we are committed to helping you keep calm and focused through your busiest days and beyond. Self-care can include anything that helps us to refocus and realign our priorities and feel more grounded.

We are all in need of an extra dose of self-care and wellness. This September, we bring you a variety of **in-person sessions** to help you strengthen your mental well-being. These sessions will take place on Wednesdays at Office of Human Resources Management Headquarters (1400 McCormick Drive, Largo, MD 20774 – Conference Room 308). Lunch will be provided.

Jump start your journey, work on yourself, and register for these upcoming seminars below – **first come, first serve – registration is required**. Each session is geared to help you be your best at work and at home.

We highly encourage each employee to take a moment and register for these free sessions to nurture yourselves with self-care and ensure your minds are cared for too!

**Wednesdays**  
**Sep. 4, 11, 18, and 25, 2024**  
12:00 p.m. to 1:30 p.m.

**OHRM Headquarters**  
1400 McCormick Drive  
Conference Room 308  
Largo, MD 20774

Scan to register for  
Candid Conversations  
sessions.





**Wed., Sep. 4, 2024 | 12:00 p.m. - 1:30 p.m.**

## **WOMEN | REDISCOVER YOUR SPARK: THE IMPORTANCE OF SELF-CARE**

Recharging is essential for women to nurture themselves emotionally, physically, spiritually, and mentally! Self-care is what you do to restore and increase your overall well-being. This session will **educate** you on practical strategies to prioritize self-care in the workplace as well as your personal life. Taking care of yourself should be healthy, sustainable, and effective, no matter what you choose! [Click here to register.](#)



**Wed., Sep. 11, 2024 | 12:00 p.m. - 1:30 p.m.**

## **MEN | REVERSING THE SELF-CARE STIGMA FOR MEN IN THE WORKPLACE**

Self-care can **empower** men in the workplace by improving their physical, mental, and emotional health, which can lead to a better quality of life. This session will teach you practical strategies to make self-care a priority, decrease your stress levels, and understand the importance of regular exercise and healthy food choices. Self-care is vitally important to improve and sustain your comprehensive emotional, physical, and mental well-being! [Click here to register.](#)



**Wed., Sep. 18, 2024 | 12:00 p.m. - 1:30 p.m.**

## **THE BALANCING ACT | THE IMPORTANCE OF SELF-CARE & CAREGIVER BURNOUT**

It seems like the phrase “work-life balance” is everywhere. What does work-life balance mean? Can we really balance family, work, caregiving, and self-care? In this session, you will gain a better understanding of how to manage your priorities between family, work, and me-time. Because we spend most of our time giving to family, work, and friends, we sometimes feel there isn’t enough me-time. You should help yourself first! Prioritizing self-preservation is **encouraged** and key to being able to help others. [Click here to register.](#)



**Wed., Sep. 25, 2024 | 12:00 p.m. - 1:30 p.m.**

## **HOW TO CATCH IT, CHECK IT, AND CHANGE IT | BURNOUT & ISOLATION**

Your mental well-being is the unique way that you handle your emotions, respond to stress, and is determined by your general outlook on life. In this session, you will learn how to recognize burnout symptoms early enough to adjust, stress management techniques, how to set clear boundaries, the importance of seeking help, and how to regain balance in your life. Taking a few moments each day to nurture and **embrace** your mental well-being will help you be a happier and more resilient you. You deserve the best possible you!

[Click here to register.](#)