



[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!

**This year's theme is Empowered with Purpose: From Now to Next
A Journey of Adaptation & Growth**

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 **virtual sessions** to help you strengthen your mental well-being.

Jump start your journey, work on yourself, and register for these upcoming seminars below. 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!

Wed., Sept. 3 | 12:00 PM - 1:00 PM

**THE COURAGE TO CONTINUE:
REDEFINING PROGRESS IN
UNCERTAIN TIMES**

Courage isn't the absence of fear—it's the decision to move forward in spite of it. It's a transformative force that deepens our relationships, empowers us to set healthy boundaries, and reshapes how others perceive us. These courageous actions create ripples that can positively impact our lives and the world around us.

To sustain this kind of growth, we must prioritize nurturing ourselves—emotionally, physically, spiritually, and mentally. In this webinar, you'll discover practical strategies to integrate self-care into both your professional and personal life.

[Click here to register.](#)

Wed., Sept. 10 | 12:00 PM - 1:00 PM

**CAREGIVERS: BURNOUT IN
THE SANDWICH
GENERATION**

"Work-life balance" is a phrase we hear constantly—and for good reason. With rising work stress and increasing demands, many of us are searching for ways to lead fulfilling lives while managing careers, family, caregiving, and personal well-being.

But what does balance really mean? Is it truly possible to juggle all these responsibilities? In this webinar, you'll gain insight into how to better manage your priorities across work, family, and self-care. Balance isn't a fixed destination—it's a personal and ever-evolving process of prioritization! [Click here to register.](#)

Wed., Sept. 17 | 12:00 PM - 1:00 PM

THRIVE THROUGH MENOPAUSE: A JOURNEY TO EMPOWERMENT

Menopause may feel like an unexpected guest—it arrives unannounced as part of aging, but it's not all discomfort and disruption. Yes, hot flashes, mood shifts, and other changes may show up, but this phase also offers a powerful opportunity to refocus on self-care and embrace a new chapter with confidence.

In this webinar, you'll learn practical self-care strategies designed to help you navigate menopause with greater ease and positivity. By incorporating these practices into your daily routine, you can feel more in control and supported through the transition. [Click here to register.](#)

Wed., Sept. 24 | 12:00 PM - 1:00 PM

THE POWER IN THE PIVOT: NAVIGATING A RAPID CHANGING WORLD

There's real power in the pivot. It's that moment when momentum, agility, and intuition align—leading to a shift that can change the direction of your life. The ability to pivot, to course-correct, is not just a skill—it's a vital part of psychological well-being.

In this webinar, we'll explore what it truly means to pivot. You'll learn how to reframe experiences like failure, disappointment, loss, and self-doubt, and discover how these moments can become turning points for growth.

[Click here to register.](#)

*Sessions are brought to you by Level Up Employee Wellness Program
and presented by CRW Solutions Group.*



Wellness Prizes

Everything is better with prizes, right?

Each week, Level Up will raffle off the following:

- One **Beats Pill Wireless Bluetooth Speaker**
- One **Deep Tissue Chair Massager**
- One **\$100 Gift Card**



To be entered into the random drawing each week, you must [register and attend](#) at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles.

We must continue to nurture ourselves with self-care and ensure our minds are cared for too – that's staying healthy and elevating our total well-being!

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 110
Largo, MD 20774
LevelUp@co.pg.md.us



Aisha N. Braveboy
County Executive