

***“Plant the Truth: Mental Health Matters”***  
***Grow Through What You Go Through***



# Resiliency Day

May 2025

**Level Up**  
Elevate your total well-being  
OHM Office of Human Resources Management

Be sure to mark your calendar for **Resiliency Day** hosted by Level Up!

We will dedicate **Wednesday, May 7, 2025**, to recognize and celebrate **Resiliency Day**, an initiative brought to you by Level Up, your employee wellness program. This initiative was launched in 2022 to highlight the importance of resiliency – our ability to adapt, recover, and grow through life's challenges. Resiliency Day will feature various activities that showcase self-care, empathy and open conversations about mental health care.

May is Mental Health Awareness Month. As *Behavioral Health* is one of [Level Up's](#) five dimensions, we want to inspire you to embrace better mental health.

Life can be a lot. The pressure of today's world can be overwhelming, and we recognize that balancing work, family, and personal well-being isn't always easy. The Level Up Employee Wellness Program is committed to creating a culture where talking about mental health is normal, seeking help is encouraged, and taking care of yourself is a priority – not just in May, but every single day. We encourage everyone to prioritize mental well-being and support one another with intention and compassion.

To support you, we're hosting a variety of events and webinars where you'll find resources, tools and support to help you manage stress, build resilience, enhance vitality and prioritize your self-care. Let's take this time to look out for ourselves and one another. Your mental health matters, this month and always.

## Resiliency Day Events

**Look at what we have planned for you!**

**Join us at 1400 McCormick Drive – 10:00AM to 3:00PM!**

- **FREE! Mobile Health Van**
  - Registration recommended
  - *Open to all employees regardless of medical plan enrollment!*
  - *Register for a free health screening – you could win a Hello Fresh box!*
- **Chill Immersion Experience**
  - Registration recommended
- **Food on the Stove Cooking Demo**
- **Employee benefit vendors**
  - *Medical, dental, financial, and more!*
- **Fresh produce – farmers market**
- **Seated massages**
- **Various wellness activities**
- **Giveaways**
- **And much more!**



# Webinars

*Join us at noon on May 13, May 14 & May 15*

Date	Class	Registration Link
May 13	Food & Mood	<a href="#">Sign up now</a>
May 14	Manage your Stress for Optimal Living	<a href="#">Sign up now</a>
May 15	Mindfulness Fundamentals	<a href="#">Sign up now</a>

## Prizes

*Everything is better with prizes, right?*

Each day, Level Up will raffle a **Beats Pill Portable Bluetooth Speaker**:

To be entered into the random drawing on May 13, May 14 and May 15, you must **register and attend** at least one (1) webinar scheduled for that day. Prize winners will be announced during the weekly Wellness Wednesday newsletters.

We must continue to improve our mental wellness and ensure our minds are cared for—that's staying positive and elevating our total well-being!



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