



The Webinar Series Continues!

Have you registered yet? There are 3 sessions left!

Level Up is celebrating Self-Care September all month long. 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.

Giving Yourself Grace: Practicing Self-Compassion

Most of us probably recognize the value of showing kindness and compassion to others. But how about when it comes to showing compassion and kindness to yourself? Being kind and compassionate to yourself is just as important. And with practice, you can make self-compassion a habit. Here are some tips:

Celebrate small accomplishments

- You don't have to achieve big things to feel proud of yourself. The small things really do add up. So, you can feel good about those things too! Maybe you didn't work out 3 times this week like you planned. Give yourself credit for what you did do. If you exercised once, that's something. If you took a walk around the block, that's something too. Try to make time to eat and stay hydrated. Regular meals give you the fuel you need to stay strong and focused.

Don't believe everything you think

- On harder days, you might find yourself having more negative thoughts. For example, you might have a conflict with a coworker and think, "That's going to get back to my boss, and I sure won't get promoted now." It's helpful to acknowledge the thoughts you're having. But you don't have to accept them as fact. Stay informed, but don't overdo news exposure. Notice the impact news stories have on you and limit accordingly.

Do something for you

- The things you tell yourself can have a big effect on how you feel about yourself. And a lot of us are much harder on ourselves than we would be on others. If that's true for you, try shifting your self-talk to be more forgiving. For example, if you're beating yourself up about a mistake you made, take a step back. Try kind and encouraging self-talk instead. You can say, "This is new, and I'm doing my best." Or "I'm caring for my family, and I'm doing a good job."

Check your self-talk

- Commit to doing something kind for yourself every day. Maybe for you, self-care means making time to exercise, do a hobby, or journal. Or maybe it's reading a magazine in the bath away from your children for 10 minutes. It doesn't matter what you do, as long as it's something positive and healthy.

Additional Resources

- [Omada Health](#) for Cigna & Kaiser Permanente members
- [Centers for Disease Control and Prevention](#)
- [INOVA Employee Assistance Program](#) (username: prince; password: george)
- [Aging Well Webinar Series](#) ~ Open To All

Coming Soon....

Online Physical Activity Challenge

Walktober

Walk into October With Us! 🚶

WALKT[™]BER

Get ready to step up and step out – learn more about [Walktober](#)!

Protect Yourself from the Flu!

- [Cigna members](#)
- [Kaiser Permanente members](#)



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