



## The Webinar Series Continues!

Have you [registered](#) yet? There are 2 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.

## Self-Care Checklist:

While it may seem impossible to prioritize self-care with so much on your to-do list, this is exactly when it's needed most. This checklist can remind you to make room for moves that can help you recharge and be more stress-resistant:

### Body

- Try to make time to eat and stay hydrated. Regular meals give you the fuel you need to stay strong and focused.
- Have a stash of healthy and energizing snacks, such as nuts, popcorn, or whole-grain crackers, easily accessible.
- Fit exercise in. It lowers stress and can help you sleep better. Even a short 15-minute stint can make a difference.
- Don't let sleep be optional. Prioritize your rest between shifts so you can feel energized when you return.
- Before bed, take a moment to write down or mentally inventory your worries; then set them aside until the next day.
- Relaxation techniques, such as progressive relaxation or mindful meditation, can help calm you for sleep.

### Mind

- Stay informed, but don't overdo news exposure. Notice the impact news stories have on you and limit accordingly.
- Take mental "breaks" during the day to focus on something distracting, uplifting, or soothing.
- Notice signs that anxiety or stress is building for you. Recognize this as normal but have management strategies ready.
- Find your motivation for prioritizing self-care, then use that as a reminder to make it a regular part of your day.
- Be open to turning to others for emotional and practical support. It's a strength, not a weakness, to reach out.

- Know that mental health professionals can help you find ways to manage difficult feelings and provide helpful strategies to cope.

## Spirit

- Think about how you've coped with hard times before. Try to re-deploy the strengths and strategies that helped then.
- Find one or more enjoyable ways to relax your mind and body. Give yourself permission to recharge in this way.
- Find creative ways to stay connected with friends, family, loved ones, and supportive social media communities.
- Get outdoors. The fresh air and sunlight can renew both health and spirit, as well as help regulate sleep cycles.
- Avoid turning to alcohol, drugs, or unhealthy behaviors as a way of coping.

## 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

## 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**



Here are the winners for Weeks 1 & 2:

- **Beats Speakers:** Evelyn Archie ~ County Council & Ghada Tafesh ~ Office of the Sherrif
- **Chair Massagers:** Angelene McCullough ~ Circuit Court & Sumiya Davis ~ Dept. of Family Services
- **\$100 Gift Cards:** Diane Alexander ~ Health Dept. & Asmeret Adhana ~ Dept. of Public Works & Transportation

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!

## Coming Soon....

**Online Physical Activity Challenge**

**WALKTOBER™**

# Walktober

**Walk into October With Us!** 🚶

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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