



## The Webinar Series Ends Today!

You can still [register!](#)

[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.

## Finding Your Resilience:

Being mindful means bringing your focus to the present moment, not jumping to worries about the past or future. By practicing the simple act of bringing our minds back to the here and now, we can train our brains to not leap so quickly to anxious thoughts when we're stressed. We can gradually learn to be with and accept ourselves and situations without passing judgment. This can help us feel calmer and better able to manage difficulties.

Here is a short practice you can try. If possible, try to do this practice for about 10 minutes each day to begin calming your stress response.

- Find a quiet place where you won't be disturbed.
- Sit in a comfortable position with your arms and legs uncrossed. Relax your body.
- Close your eyes if comfortable doing so.
- Bring your thoughts to what you are experiencing in this moment.
- Notice the sensations of your body – your feet on the floor, the weight of your arms.
- Now bring your focus to the natural in and out of your breathing.
- Take a slow, deep breath. As you inhale, say the word "RELAX" to yourself.
- As you exhale, say the word "CALM" to yourself.
- Continue to breathe slowly and deeply.
- Notice how the air moves in and out of your body and the sensations of your body as it does.
- If your mind begins to wander. It's okay. Be kind to yourself. Give yourself credit for noticing. Then imagine your thoughts drifting away like clouds in the sky.
- Gently return your focus to your breathing.
- Continue this process for as long as you feel necessary.
- When you feel relaxed, take a deep breath, exhale slowly, and open your eyes. Bring your thoughts back to your present environment.

## 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 Week 3:

- **Beats Speaker:** Jamie Dixon ~ Department of Social Services
- **Chair Massager:** Vida Lawson ~ Office of Central Services
- **\$100 Gift Card:** Robin McLean ~ Department of Permitting Inspections & Enforcement

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!

## Registration is Open!

**Online Physical Activity Challenge**  
**Elevate into October With Us!** 🚶

**WALKT<sup>™</sup>BER**

Get ready to step up and step out – [REGISTER TODAY!](#) Don't forget the [BIG prizes!](#)

## Protect Yourself from the Flu!

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



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



**OHRM**  
Office of Human  
Resources Management