



## April is Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. It has been recognized every April since 1992. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

### What Is Stress?

Stress is your body's way of protecting itself from harmful situations. When you feel stressed, your brain becomes more alert, your muscles tense, and your pulse increases.



### Stress & Your Health

Over time, chronic stress puts you at risk for health problems including:

- High Blood Pressure
- Heart Disease
- Diabetes
- Obesity
- Depression or anxiety

### Unplug To Recharge

Just as your phone needs to recharge after constant use, so does your brain. It's important to mentally shut off from work mode and let your mind unwind. A quick meditation can help you close out of each day to shift your focus to restorative activities like connecting with others or getting a good night's rest.

### Manage Your Stress

- Get regular exercise.
- Try a relaxing activity.
- Set goals and priorities.
- Stay connected with people who support you.

## Additional Resources

- [Omada Program](#)
- [Inova – Employee Assistance Program](#)
- [National Institute of Mental Health](#)
- [U.S. Department of Health & Human Services](#)
- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on [mindfulness](#), and [well-being](#) — free webinars available to all employees. Register and tune in!

Take steps to manage and prevent stress, no matter what's going on—here's to elevating your total well-being!

## Financial Wellness Week Webinars

### Thank You for Participating!

### \$150 Gift Cards

Here are the winners:

- Rana Hightower ~ County Council
- Mojisola Banjoko ~ Department of the Environment
- Shane Pumphrey ~ Police Department

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