

# Wellness Wednesday

**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human Resources Management

Prince Georges  
Proud

## It's Spring...Clear Your Mind

Declutter your life and be on your way to becoming happier and healthier. Having too much clutter in your life can be a burden. A cluttered living space can zap your energy at home. A disorganized desk or digital life can be distracting. An overbooked calendar can be exhausting to maintain. Clutter in any shape or form can ramp up your stress without even realizing it. You have the power to declutter your life and choose what makes you happy. And doing so may actually improve your health and boost your mood.

### Here are some benefits of decluttering and living more simply:

- **Less stress.** Dealing with a constant pileup of clutter can make you feel scattered, disorganized and stressed. Decluttering at home can help you create a calm and peaceful living space.
- **Better focus.** A cluttered environment can make it hard to focus. Your brain gets distracted by seeing a lot of extra stuff, whether it's a messy desk or an out-of-control email inbox. Putting stuff away and removing things you no longer need can help you be more efficient.
- **Healthier home.** Clutter can be a dust magnet, and it can get in the way of cleaning floors and surfaces throughout your home. Clearing the clutter can help you get rid of dust and germs, too.
- **Financial clarity.** A pileup of paperwork or financial statements can be unsettling. You may worry about missing a bill payment or overlooking an important financial message. Creating a system or managing bills and filling important paperwork can put your mind at ease.
- **More freedom.** When you get rid of things that are weighing you down, you may find that you have more time and energy to devote to what matters most to you.

Having an uncluttered environment at work and home can help you improve your health and well-being. Finding the right balance is essential to elevate your total well-being.

## National Nutrition Month: Webinars Start at Noon Today

Whether you need to make the switch to a healthier diet or are looking for more tips to help you maintain healthy choices, register for these upcoming webinars below. Each webinar is geared to help lead you in the right direction to a healthy diet and lifestyle.

- **WEBINAR: Jumpstart Your Metabolism, March 24 at Noon** ([Register](#))  
*How does metabolism work? What can you do to boost it to higher levels and lose weight? Learn tips to increase your metabolism naturally and without the use of supplements.*
- **WEBINAR: Supermarket Savvy, March 31 at Noon** ([Register](#))  
*What goes in your cart goes in your body! What is the relationship of food, diet & health? Learn how to shop smart by reading food labels for healthy food choices & making easy shopping substitutions.*

**After registering for a webinar, remember to add it to your calendar.** And, in order to help you eat well and be well all month long, **Level Up will randomly give away \$25 Panera Bread gift cards weekly** to those who send [Level Up](#) pictures of how they are honoring or celebrating National Nutrition Month!

**Office of Human Resources Management**  
**Level Up – Employee Wellness Program**  
1400 McCormick Drive, Suite 245  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)

