



## April is Stress Awareness Month

Whether you're dealing with the demands of work, family, health, and everything in between, stress affects us all. Although you can't always avoid the causes of stress, how you handle them can make all the difference for you and your well-being. Level Up wants to help you keep calm and thrive on.

Here are a few activities that can help you take control and keep stress in check:

- **Set boundaries.** Learn to say "no" and don't overcommit.
- **Stay organized.** Make a to-do list and prioritize what's most important or urgent.
- **Get support.** You don't have to do everything yourself. Ask for help when you need it.
- **Limit distractions.** Block time on your calendar so you can accomplish your daily goals.
- **Control what you can.** Many things, especially other people's behaviors, are beyond our control. Instead of stressing out, focus on the best way to react.
- **Take care.** Eat well, exercise regularly and make sure you take time to relax and recharge.

### Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [Inova – Employee Assistance Program](#)
- [National Institute of Mental Health](#)
- [The Centers for Disease Control & Prevention](#)
- [U.S. Department of Health & Human Services](#)

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

Level Up also wants you to continue to embrace mindfulness during the pandemic. Aetna offers a great resource—[free webinars](#) available to all employees. For some of the webinars, the target audience are educators or parents—register for which one works best for you!



Online Wellness Challenge:  
April 12 - May 7, 2021



### Spring Into Motion – Register Today

The four-week virtual challenge has begun, but you still have time to register. [Sign up before April 19](#). For more information, check out the [Wellness Wednesday](#) dedicated to the challenge or visit the [Spring Into Motion](#) homepage.

**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)

