



May is Mental Health Awareness Month

It is a national movement aimed at raising awareness about mental health. Since 1949, [Mental Health America](#) and their affiliates across the country have led this national observance by reaching millions of people through the media, local events and screenings. As Behavioral Health is one of [Level Up's](#) five dimensions, we want to encourage you to nurture your mental and emotional health.

Millions of people in the United States are affected by mental illnesses each year. According to [The Centers for Disease Control and Prevention](#), mental illnesses are among the most common health conditions in the U.S.

- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.
- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

Check-in with Yourself

- [Take Control of Your Stress](#) – visualize the stress you're feeling and get suggestions for making a plan tailored to your level of stress.
- [Mental Health Quiz](#) – increase your knowledge and understanding and see if you can separate the myths from the facts.

Register and Enjoy These Activities

Exercise Classes

- **Fri., May 14 – Noon to 1 p.m.**
[Yoga](#) ~ A gentle mind/body workout that incorporates poses to strengthen and stretch the body, while breathing deeply to enhance relaxation and muscle strength.
- **Fri., May 21 – Noon to 1 p.m.**
[Pilates](#) ~ Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.

Mental Health Webinars

- **Wed., May 12 – Noon to 12:30 p.m.**
[Abhyanga](#) ~ The art of abhyanga is a form of Ayurvedic medicine that involves massage of your own body. Learn how to relieve stress and tension through self-massage.
- **Wed., May 19 – Noon to 12:30 p.m.**
[Total Wellness Trivia](#) ~ Games have been proven great for our emotional wellness. Laughter, engagement and learning are all components for lowering our stress levels. Tune in and have fun!

NEW! Employee Discount

Level Up is excited to announce a new [employee discount](#) from **Hand & Stone Massage & Facial Spa** in Brandywine, Maryland. Prince George's County Government employees can now receive special introductory and membership prices.

Win a Gift Basket from Hand & Stone Massage and Facial Spa – To celebrate this discount, Level Up will be giving away a gift basket full of surprises from Hand and Stone Massage & Facial Spa. To earn your chance to win the gift basket, all you need to do is attend any one of the above Mental Health Month activities and you will be entered into a random drawing at the end of May.

Additional Resources

- [National Alliance on Mental Illness](#)
- [National Institute of Mental Health](#)
- [U.S. Department of Health and Human Services](#)

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 245
Largo, MD 20774
LevelUp@co.pg.md.us

