

## Become a Wellness Champion!

Will you be next to join the network of Level Up *Wellness Champions*? Wellness Champions serve as ambassadors who empower employees to become healthier, happier, and more productive at work and at home. Wellness Champions are employees, like you, who help the Level Up Employee Wellness Program spread its message—to *elevate your total well-being*—through motivation, encouragement, education, and inspiration.

### Apply Online Today!

If you're interested in joining the ranks of the Wellness Champions, complete and submit a Wellness Champion [application online](#) by Friday, August 6.



## The Importance of SOCIAL CONNECTIONS

*Resilience*, the ability to bounce back after stressful situations, is strengthened when you give and receive support. Building positive relationships with people can make a difference in how resilient you are. Try to connect with people who have a positive outlook and can make you laugh and help you. The more positive your relationships are, the better you'll be able to face life's challenges.

The support you get from your social connections can add to your feelings of meaning and purpose in life. These, in turn, add to your resilience. Happy, resilient people tend to be more connected to the people around them. Resilient people know that they can depend on the strength of their family and friends when the going gets tough.

Remember that giving support is just as important as getting support. You count on your social connections for support, but they also count on you. Ask others about their families, jobs, and interests, and help them when you can. Don't always focus on your challenges or talk about yourself. Know when it's time to listen or just enjoy your friends' company. Giving support to others builds the social bonds that help make you resilient.

### How can you make more social connections?

There are many ways you can start building positive relationships:

- Invite a friend who makes you laugh and go to a funny movie.
- Send an encouraging email or text message to someone who's going through a hard time.
- Look for a faith community that shares your views. It may also have its own organized social groups.
- Call a food bank or hospital and ask about their volunteer programs.

### Additional Resources

- [Centers for Disease Control & Prevention](#)
- [Suicide Prevention Resource Center](#)

- [INOVA Employee Assistance Program](#) (**username:** prince; **password:** george)



## Join Us and Win Big This Summer

Don't forget to participate in [The Summer of Wellness](#). We've planned a summer that checks all of the boxes to elevate your total well-being. Explore *The Summer of Wellness* activities and sign up for those that will help motivate and move you! Plus, you'll be eligible to win cool wellness giveaways.

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