



Don't Miss Your Opportunity for Self-Care

We hope you're putting yourself first in a month-long journey of self-care during [Self-Care September!](#)

Weekly Winners

Everything is better with prizes, right?

Here are the winners for Week 1:

- **Self-Care Book:** JoAnn Carter ~ Department of the Environment
- **\$50 Panera Gift Card:** Zuleika Dudley-Birruete ~ Health Department
- **Sherpa Blanket:** Tammie Forsythe ~ Department of Public Works & Transportation
- **Electronic Diffuser:** Kimberly Hines-Monroe ~ Office of Human Resources Management

Each week, Level Up will raffle off the following:

- **Self-Care Book (a new book each week!)**
- **\$50 Panera Bread Gift Card**
- **Sherpa Blankets**
- **Electronic Diffuser**

To be entered into the random drawing each week, **you must register and attend at least one (1) class scheduled for that week.** Prize winners will be announced during the weekly Wellness Wednesday articles. Giveaways will be distributed at the end of the month.



Taking Care of Yourself

Have you done something nice for yourself lately? Self-care is about spending time taking care of yourself and doing things that benefit your health and well-being. Practicing self-care can help you stay calm and gather inner strength during difficult times.

Make the most of your "me time" with four types of self-care.

1. Physical

This involves taking care of your physical self and meeting your body's needs for nutrition, exercise and sleep.

- Eat a healthy breakfast.
- Go for a walk.
- Take a nap.
- Get a massage.

2. Emotional

Self-care encompasses mental and emotional health and nurturing a healthy state of mind. You can start by paying attention to your thoughts and feelings. Allow yourself to let go of negative thoughts weighing you down.

- Start a journal.
- Try laughter yoga (or anything that makes you laugh).
- Let yourself cry when you need it.

3. Spiritual

Explore what really matters to you. This can help you clarify what's most meaningful in your life and put your values into action. Feeling a part of something greater than yourself helps give you a sense of purpose.

- Try meditation or prayer.
- Listen to uplifting music.
- Attend a poetry reading.

4. Social

Connecting with other people is a vital aspect of self-care. Building a strong social network helps you stay active and engaged. Sharing a quick conversation or a few laughs with a friend can help you relax.

- Meet a friend for lunch.
- Take an art class.
- Volunteer for an organization you care about.

Additional Resources

- [Centers for Disease Control & Prevention](#)
- [INOVA Employee Assistance Program](#) (**username:** prince; **password:** george)

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