



[Register](#) for the October **Coffee & Chat** webinar and join us on **Wednesday, Oct. 6 at 9 a.m.**

- You don't want to miss this month's Coffee & Concert!
- We'll give you a sneak peak of our fall activities.
- Plus, we'll give away some random wellness prizes!



Self-Care September Ends This Week

We hope you have been putting yourself first in a month-long journey of self-care during [Self-Care September](#)! This is the last week to participate in the webinars and still be eligible to win for Week 5. If you missed any of the Self-Care September webinars or if you want to revisit all of the amazing activities, explore all of the recordings on the [Wellness on Demand](#) page.

Weekly Winners

Everything is better with prizes, right?

Here are the winners for Week 4:

- **Self-Care Book:** Elizabeth Bowers ~ Dept. of the Environment
- **\$50 Panera Gift Card:** Donald Fulp ~ Dept. of Housing & Community Development
- **Sherpa Blanket:** Kristy Cluster ~ Dept. Public Works & Transportation
- **Electronic Diffuser:** Michelle Johnson-Bah ~ Board of Elections

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.**



Be Happy Every Day

For many, finding happiness is a life-long effort that they adapt along the way. While there are no rules about how to be happy, many people have success with the ideas outlined here.

What are some secrets on how to find happiness?

Learning how to live a happy life is a common goal. Collective wisdom suggests you can only learn how to be happy after you've learned how to be happy with yourself.

10 Tips for Living A Happy Life

1. Recognize that you have choices

While you can't prevent many of the difficulties that you'll encounter in life, you can control how you respond to them. You'll be more content once you begin to see happiness as a choice rather than as a good fortune that only some people enjoy.

2. Practice gratitude

Even during the most difficult life experiences, there are often things to be grateful for. Acknowledging what is good in your life is an essential step in learning how to live a happy life.

3. Forgiveness

Anger toward yourself, toward things that have happened in your life, or anger toward other people can be a significant burden. When you can let go of anger, you may begin learning how to be happy with yourself.

4. Mindfulness

Become aware of the role your thoughts play in the quality of your daily life. Focusing on bad things and negative emotions can be destructive. You can learn to be happier when you stop dwelling on the negative and focus on the more positive side of things.

5. Friendship

Feeling included in a community of friends can be an important part of living a happier life. Without the love and fellowship of friends, loneliness may become a factor that can detract from your health, happiness, and overall well-being.

6. Rest

Getting the right amount of sleep is important for feeling refreshed and focused. But losing sleep can also impact your mood. You can help your quality of life by practicing good sleep habits and getting plenty of uninterrupted rest.

7. Movement

Exercise stimulates your blood flow, which can help you feel better. While some people enjoy very intense exercise – and the endorphins it can generate – even a small amount of movement is beneficial and can help improve mood, lessen stress, and improve sleep.

8. Sunshine

Sunshine typically makes people feel happier. Take advantage of sunny days by getting outside – but don't forget the sunscreen. If your environment is often without sun, lamps that are specially designed to mimic sunlight may be an option. If you are affected by dreary weather or the wet, wintry seasons, talk to your doctor. You should also talk to your doctor if you are pregnant or nursing for help choosing the right sunscreen for you.

9. Cleanliness

Keeping your work and home spaces clean and free of clutter may help lift your mood. For example, some people are happier when they rearrange furniture and spend a day cleaning out a closet. If you're feeling crowded in your space, try a little cleaning and organizing to see if that boosts your happiness.

10. Small wins

Part of learning how to be happy with yourself comes with life experiences. Try to set and work toward achieving some goals. Start small. Find a goal or two that are relatively easy to accomplish. Have a plan in place for how you will achieve them. Achieving goals can help boost your confidence, and with it, your sense of happiness, too.

Finding happiness is different for everyone. Try making a few small changes a day that help you feel better when you do them. Over time they become good habits that can lead to a happier—and healthier—you!

Be sure to check out these free weekly webinars, [Navigating the Next Normal](#) sponsored by Kaiser Permanente. Attendees will learn how to build resilience, adopt healthy habits, and prevent burnout. This is open to all employees. Runs through Thursday, Oct. 7.

Additional Resources

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

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