



# RESILIENCY DAY

May 4, 2022

**Level Up**  
Elevate your total wellbeing.

Mental Health Support | Webinars | Lessons Learned | And More!

Be sure to mark your calendar for **Resiliency Day** hosted by Level Up!

We will dedicate **Wednesday, May 4, 2022**, to recognize and celebrate **Resiliency Day**, which is a new initiative brought to you by Level Up, your employee wellness program. Resiliency Day will feature various activities that showcase challenges, triumphs, and the ever-changing journey of mental health.

This one-day virtual event will feature live online content and activities including:

- **Coffee & Chat** – we will kick off Resiliency Day talking about mental health, all of the exciting content planned for the day, and there will be live entertainment.
- **Lessons Learned** – this is the second event in our *Lessons Learned* series and will include a roundtable discussion led by Shawn Y. Stokes, OHRM Director and feature Tara H. Jackson, Chief Administrative Officer, and other County leaders.
- **Webinars** – we will have webinars with topics focusing on mental/behavioral health, fitness classes, and more!
- **Wellness prizes** – We want everyone to take advantage of this new and exciting initiative. To ensure that this day is full of fun for everyone, **all employees will be entered into random drawings for wellness prizes throughout the day!** We understand that not every employee is able to participate in our live wellness events due to schedule conflicts, meetings, or work assignments. However, these virtual events will be recorded and available to you for on-demand enjoyment.

**More information coming soon!**

**Be well and continue to elevate your total well-being.  
Your mental health is essential!**

*Seize the Year!*

**Level Up**  
Elevate your total wellbeing.

## April is Stress Awareness Month

Stress Awareness Month has been recognized every April since 1992. During the month of April, you're invited to learn how to cope with your stress and find healthy ways to deal with those situations in order to live a healthy and positive life.

As *Behavioral Health* is one of [Level Up's](#) five dimensions, every week we will provide you with resources to help you manage your stress.

## What Is Stress?

Stress is your body's way of protecting itself from harmful situations. When you feel stressed, your brain becomes more alert, your muscles tense, and your pulse increases.



## Stress & Your Health

Over time, chronic stress puts you at risk for health problems including:

- High Blood Pressure
- Heart Disease
- Diabetes
- Obesity
- Depression or anxiety

## Manage Your Stress

- Get regular exercise.
- Try a relaxing activity.
- Set goals and priorities.
- Stay connected with people who support you.

## Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [Centers for Disease Control and Prevention](#)
- [Free webinars](#) sponsored by Kaiser Permanente – open to all employees.
- [Free webinar](#) sponsored by Cigna – open to all employees.

## Seize The Year! National Nutrition Month Events:

### Thank You for Participating!

### Weekly Winners

Here are the winners for Week 5:

- **Portable Grill:** Ashley Simmons ~ Office of Law
- **Sonicare Electric Toothbrush:** Ma'neh Tcheffo ~ Office of Human Resources Mgmt.
- **Hamilton Beach Juicer:** Jaclin Warner Wiggins ~ Office of Finance

## Don't Forget to Sign Up For Spring Into Motion!

Registration for [Spring Into Motion](#) is now open. Registration ends Monday, April 11.

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