

Coffee & Chat



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the May **Coffee & Chat** and join us on **Wednesday, May 4 at 9 a.m.**

- Next month's Coffee & Chat will kick off [Resiliency Day!](#)
- We will have live entertainment. [Acute Inflections](#) is joining us again!
- So be sure to register, grab your warm cup, and tune in for next month's segment.

Seize the Year!

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April is Stress Awareness Month

Level Up is reminding you to declutter your life and embrace the simplicity. Having too much clutter in your life can be a burden. A cluttered living space can zap your energy at home. A disorganized desk or digital life can be distracting. An overbooked calendar can be exhausting to maintain. Clutter in any shape or form can ramp up your stress without you even realizing it. You have the power to declutter your life and choose what makes you happy. And doing so may actually improve your health and boost your mood. Here are some benefits of decluttering and living more simply.

Less Stress

Dealing with a constant pileup of clutter can make you feel scattered and stressed. Decluttering at home can help you create a calm and peaceful living space.



Better Focus

A cluttered environment can make it hard to focus. Your brain gets distracted by seeing a lot of extra stuff, whether it's a messy desk or an out-of-control email inbox. Putting stuff away and removing things you no longer need can help you be more efficient.

Healthier Home

Clutter can be a dust magnet, and it can get in the way of cleaning floors and surfaces throughout your home. Clearing the clutter can help you get rid of dust and germs too.

Financial Clarity

A pileup of paperwork or financial statements can be unsettling. You may worry about missing a bill payment or overlooking an important financial message. Creating a system for managing bills and filing important paperwork can put your mind at ease.

More Freedom

When you get rid of the things that are weighing you down, you may find that you have more time and energy to devote to what matters most to 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

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