

# Coffee & Chat



**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the June **Coffee & Chat** and join us on **Wednesday, June 1 at 9 a.m.**

- The June Coffee & Chat will kick off the Summer of Wellness Campaign!
- You don't want to miss the official virtual launch party for [BurnAlong!](#)
- So be sure to register, grab your warm cup, and tune in for next month's segment.

## Seize the Year!

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## May is Mental Health Awareness Month

As Behavioral Health is one of [Level Up's](#) five dimensions, we want to encourage you to nurture your mental and emotional health. Putting others first, can often mean putting yourself last. But no one can be at their best when their own needs aren't being met. And over time, the stress that comes with taking care of loved ones can take a toll on your mental health. That's why taking time to nurture yourself is so important.

### Adopt Small Daily Habits

Over time, taking care of others and neglecting ourselves can take its toll on our minds and bodies and make us less able to cope with stressful situations when they arise. Daily, small self-care habits like moving our bodies, eating well, and practicing self-compassion and gratitude can help us reset, refresh, and release the feel-good brain chemicals that fight the effects of stress.



### Open Your Mind to Meditation

When you're feeling anxious, it can be hard to sleep, focus or simply get through the day. Meditation can help calm your nerves, quiet your thoughts, and help you be more mindful in the moment. With all the science on the benefits, there's no reason not to give it a try. Use it to start your day, wind down for bed, or anytime you want to feel centered.

### Get Your ZZZs

Sleep is such a critical part of our overall well-being and there are so many ways it is being sabotaged these days, including by stress itself. Be sure to unplug from screens at least 30 minutes before bedtime and aim for the recommended 7 to 8 hours of sleep per night for optimal stress busting. A well-rested mind is more resilient, better able to focus and better able to deal with the surprises life throws our way.

### Mental Health Awareness Month Webinars:

## Register Now for the Last Webinar!

Elevate your total well-being! [Browse the offerings and sign up today!](#)

### Weekly Winners

*Everything is better with prizes, right?*

Here are the winners for Week 2:

- **Apple AirPods:** Randolph Jackson ~ Department of Family Services
- **\$50 Gift Card:** Carrie Matthews-Brown ~ Department of Social Services

Each week, Level Up will raffle off **two items:**

- **Apple AirPods**
- **\$50 Gift Card**



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

### Additional Resources

- [iPrevail](#) & [Happify](#) for Cigna members
- [Ginger](#) & [Calm](#) for Kaiser Permanente members
- [INOVA Employee Assistance Program](#)
- [National Alliance on Mental Illness](#)
- [Centers for Disease Control and Prevention](#)

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