

SELF CARE

September



[Level Up's Self-Care September](#) is back! We first launched this campaign in 2020 to remind you to put yourself first in the midst of challenging times. As Behavioral Health is one of Level Up's five dimensions, we want to remind you that you matter!

Self-care is always important, and we are committed to helping you keep calm and focused through your busiest days and beyond. Self-care can include anything that helps us to refocus, realign our priorities and feel more grounded.

We are all in need of an extra dose of self-care and wellness. This September, we bring you a variety of virtual classes to help you strengthen your mental well-being. Classes take place on Wednesdays and begin at noon.

The fall season is a great time to restore your mental well-being. With back-to-school priorities, fourth quarter deadlines approaching, and other added demands life brings—the shift in seasons can affect our day-to-day schedules and impact our mental health.

Jump start your journey, work on yourself, and register for these upcoming seminars below. Each seminar is geared to help you be your best at work and at home.

Join Us at Noon in September

On Wednesdays!

Date	Class	Registration Link
September 7	Extinguishing Burnout	Sign up now
September 14	De-Stress at Your Desk	Sign up now
September 21	Balance & Boundaries	Sign up now
September 28	Food & Mood	Sign up now

Classes are brought to you by Level Up and presented by:



Wellness Prizes

Everything is better with prizes, right?

Each week, Level Up will raffle off the following:

- [Apple iPad](#)
- [Portable Bright Therapy Lamp](#)
- [Self-Care Tea Set](#)
- [Electronic Diffuser](#)

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.

We must continue to nurture ourselves with self-care and ensure our minds are cared for too – that's staying healthy and elevating our total wellbeing!



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