



Self-Care Basics

Self-care, in all its forms, can be used as an antidote to rising stress levels. It can also be developed into habits that can help proactively reduce the impact of stress and help us be at our best. While it can be hard to incorporate all these strategies every day, even small moves can help you feel stronger and more balanced. Examples include:

- **Don't let sleep be optional.** You should get enough rest each night to awake feeling well-rested and energized. Seek help if you struggle with sleep.
- **Make time to eat well and stay hydrated.** Regular, well-balanced meals give you the high-grade fuel you need to stay strong and focused.
- **Fit exercise in.** It lowers stress and can help with sleep. Even 15-minutes can make a difference. Find something you enjoy and make it a regular routine.
- **Find one or more ways to relax mind and body.** Try out different methods, such as deep breathing or mindfulness, then make them a norm in your day.
- **Work on responding with self-compassion rather than self-criticism.** Use positive self-talk to remind yourself of your strengths and abilities.
- **Invest in meaningful relationships and be open to leaning on them.** Look for listeners, givers of honest feedback, and nurturers to build you up.
- **Build financial wellness.** Be proactive by having goals, a budget and savings plan. Address debt.
- **Embrace your life and potential.** Make room in each day for you. Allot time for fun and enjoyment along with your "must dos." Open yourself to the refreshment of being outdoors in nature. Explore new things that help you grow and pursuits that nourish your spirit. 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 and realign our priorities and feel more grounded.

Join Us at Noon in September

On Wednesdays!

Date	Class	Registration Link
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 Concepts.

Weekly Winners

Everything is better with prizes, right?

Here are the winners for Week 1:

- **Apple iPad:** Firdevs Demiroglu ~ Dept. of Permitting Inspections & Enforcement
- **Portable Bright Therapy Lamp:** Dallana Perea ~ Office of the Sheriff
- **Self-Care Tea Set:** Perisha Gates ~ Office of Central Services
- **Electronic Diffuser:** Gesiela Bumanglag-Adams ~ Police Department

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.

Each week, Level Up will raffle off the following:

- **Apple iPad**
- **Portable Bright Therapy Lamp**
- **Self-Care Tea Set**
- **Electronic Diffuser**

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 well-being!

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