



Register for the October **Coffee & Chat** and join us on **Wednesday, October 5 at 9 a.m.**

- Next month's Coffee & Chat will kick off the upcoming Open Enrollment (OE) period!
- Tune in to get a sneak peak of all the upcoming OE activities and events.
- And of course, we'll have some random wellness giveaways.
- So be sure to register, grab your warm cup, and tune in for next month's segment.



Self-Care Checklist

While it may seem impossible to prioritize self-care with so much on your to-do list, this is exactly when it's needed most. This checklist can remind you to make room for moves that can help you recharge and be more stress-resistant:

Body

- Try to make time to eat and stay hydrated. Regular meals give you the fuel you need to stay strong and focused.
- Have a stash of healthy and energizing snacks, such as nuts, popcorn, or whole-grain crackers, easily accessible.
- Fit exercise in. It lowers stress and can help you sleep better. Even a short 15-minute stint can make a difference.
- Don't let sleep be optional. Prioritize your rest between shifts so you can feel energized when you return.
- Before bed, take a moment to write down or mentally inventory your worries; then set them aside until the next day.
- Relaxation techniques, such as progressive relaxation or mindful meditation, can help calm you for sleep.

Mind

- Stay informed, but don't overdo news exposure. Notice the impact news stories have on you and limit accordingly.
- Take mental "breaks" during the day to focus on something distracting, uplifting, or soothing.
- Notice signs that anxiety or stress is building for you. Recognize this as normal but have management strategies ready.
- Find your motivation for prioritizing self-care, then use that as a reminder to make it a regular part of your day.

- Be open to turning to others for emotional and practical support. It's a strength, not a weakness, to reach out.
- Know that mental health professionals can help you find ways to manage difficult feelings and provide helpful strategies to cope.

Spirit

- Think about how you've coped with hard times before. Try to re-deploy the strengths and strategies that helped then.
- Find one or more enjoyable ways to relax your mind and body. Give yourself permission to recharge in this way.
- Find creative ways to stay connected with friends, family, loved ones, and supportive social media communities.
- Get outdoors. The fresh air and sunlight can renew both health and spirit, as well as help regulate sleep cycles.
- Avoid turning to alcohol, drugs, or unhealthy behaviors as a way of coping.

Join Us at Noon in September

On Wednesdays!

Date	Class	Registration Link
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 2:

- **Apple iPad:** Tiare-Tiave Faatea ~ State's Attorney's Office
- **Portable Bright Therapy Lamp:** Graciela Soto ~ Office of Finance
- **Self-Care Tea Set:** Imani Briscoe ~ Dept. of the Environment
- **Electronic Diffuser:** Demitri Kornegay ~ Fire-EMS 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!