



[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.



Giving Yourself Grace: Practicing Self-Compassion

Most of us probably recognize the value of showing kindness and compassion to others. But how about when it comes to showing compassion and kindness to yourself? Being kind and compassionate to yourself is just as important. And with practice, you can make self-compassion a habit. Here are some tips:

Celebrate small accomplishments

- You don't have to achieve big things to feel proud of yourself. The small things really do add up. So, you can feel good about those things too! Maybe you didn't work out 3 times this week like you planned. Give yourself credit for what you did do. If you exercised once, that's something. If you took a walk around the block, that's something too. Try to make time to eat and stay hydrated. Regular meals give you the fuel you need to stay strong and focused.

Don't believe everything you think

- On harder days, you might find yourself having more negative thoughts. For example, you might have a conflict with a coworker and think, "That's going to get back to my boss, and I sure won't get promoted now." It's helpful to acknowledge the thoughts you're having. But you don't have to accept them as fact. Stay informed, but don't overdo news exposure. Notice the impact news stories have on you and limit accordingly.

Check your self-talk

- The things you tell yourself can have a big effect on how you feel about yourself. And a lot of us are much harder on ourselves than we would be on others. If that's true for

you, try shifting your self-talk to be more forgiving. For example, if you're beating yourself up about a mistake you made, take a step back. Try kind and encouraging self-talk instead. You can say, "This is new, and I'm doing my best." Or "I'm caring for my family, and I'm doing a good job."

Do something just for you

- Commit to doing something kind for yourself every day. Maybe for you, self-care means making time to exercise, do a hobby, or journal. Or maybe it's reading a magazine in the bath away from your children for 10 minutes. It doesn't matter what you do, as long as it's something positive and healthy.

Join Us at Noon

Last webinar for Self-Care September!

Date	Class	Registration Link
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 3:

- **Apple iPad:** Charleszette Ferguson ~ Health Department
- **Portable Bright Therapy Lamp:** Jason Foreman ~ Department of Social Services
- **Self-Care Tea Set:** Christina Noone ~ Office of Human Resources Management
- **Electronic Diffuser:** Jamie Antoine ~ Office of Information Technology

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 raffled 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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