

# Coffee & Chat



**Level Up**  
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the January **Coffee & Chat** webinar and join us on **Wednesday, Jan. 4 at 9 a.m.**

- Join us as we ring in the New Year!
- Get ready for the 4-week BurnAlong Wellness Journey Challenge.
- Grab your warm cup and tune in to next month's segment!



## Practice Kindness This Holiday Season

Bring kindness wherever you go. One simple act of kindness can put a smile on someone's face today and inspire them to be kind in return. Kindness often creates a ripple effect because we feel motivated to “pay it forward” one way or another. Look for ways to be kind as you move through your day. You might be surprised to find opportunities for kindness everywhere.



### ***Kindness is Contagious. Look for places to spread kindness.***

- **Kindness at home**—Home is where you can be yourself and decompress after a stressful day. It's easy to forget about kindness in this space, especially when you're tired or overloaded. But your family needs kindness too. It can lift them up when they're having a bad day and help build stronger relationships. **Try this today**—Write a little note of appreciation to each person in your family.
- **Kindness at work**—Spreading kindness in the workplace can defuse negativity and boost morale. It can be as simple as greeting coworkers by name, thanking someone or returning a favor. You can take steps to create a culture where people feel inspired to do good things. **Try this today**—Order an extra coffee for a coworker.
- **Kindness at school**—Encourage children to find ways to be kind at school. Some of the most important lessons are about showing empathy and treating others with kindness and respect. When kids look beyond themselves, they can better understand how others are feeling and respond with kindness. **Try this today**—Encourage your child to say “thank you” to teachers or connect with someone who usually eats lunch alone.
- **Kindness everywhere**—Wherever you go, you have a chance to surprise others with kindness. Take a few moments to greet your neighbors and people at the store, passing by on the sidewalk or in the elevator. Do something unexpected to make someone's

day better. **Try this today**—Offer to let someone go in front of you in the checkout line.

## Give the Gift of BurnAlong!

Looking for that perfect holiday gift for your friend or family member? When you sign up for BurnAlong, you can give away **4 FREE subaccounts** to friends and family. And this is the gift that keeps on giving throughout the year—BurnAlong provides online fitness classes and challenge, nutrition webinars, mindfulness and mediation webinars, financial wellness webinars, and much more!

### How to Add a Sub-Account for Friends and Family

1. [Watch this Video on BurnAlong](#)
2. [Log into BurnAlong](#)
3. Click 'Sub-accounts' from the dropdown menu on the top right
4. Click 'Add sub-account' and type in the name and email of the person you want to invite

**Don't have BurnAlong yet?** [Give yourself the gift of health and wellness.](#)

**Already have BurnAlong?** Check out these staff picks: [12 Programs for the Holiday Season.](#)

Be well and continue to elevate your total well-being.  
Have a Healthy & Safe Holiday Season!

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