

SELF CARE

September

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[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 the COVID-19 pandemic. As Behavioral Health is one of Level Up's five dimensions, we want to remind you that you matter!

Self-care is always important. We are committed to helping you keep calm and focused through your busiest days and beyond. We are all in need of an extra dose of self-care and wellness. This September, we bring you a variety of virtual classes that feature meditation, stretching and powerful ways to strengthen your mental well-being. Classes will take place on Tuesdays, Wednesdays and Thursdays and begin promptly at 12:00 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 12:00 Noon in September

Tuesdays, Wednesdays and Thursdays!

Date	Class	Registration Link
September 1	Relaxation Guided Imagery Activity	Sign up now
September 2	The Key to Training Your Mindset for Greater Success	Sign up now
September 7	The Six Principles to Unlock Your Self-Esteem	Sign up now
September 8	Soulful Stretching	Sign up now
September 9	The Power in the Pivot	Sign up now
September 14	The Ultimate Guide to Self-Confidence	Sign up now
September 15	Music & Wellness	Sign up now
September 16	All About Attitude	Sign up now
September 21	Stay Calm Even When Life's Not	Sign up now
September 22	The Science of Happiness	Sign up now
September 23	Leading the Way to Well-Being	Sign up now
September 28	Mindset & Performance Masterclass	Sign up now
September 29	Happy Place Meditation	Sign up now
September 30	Daring to Live Fully	Sign up now

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



HealthWorks



Wellness Prizes

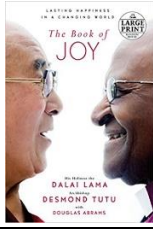
Everything is better with prizes, right?

Each week, Level Up will raffle off the following:

- **Self-Care Book** (a new book each week!)
- **\$50 Panera Bread Gift Card**
- **Sherpa Blankets**
- **Electronic Diffuser**

To be entered into the random drawing each week, you must **register and attend** at least one (1) class scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles.

We have to 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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