

SELF CARE

September

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



The Candid Conversations Series Begins Today!

Have you [registered](#) yet? The September 4th session is fully booked. You still have three more opportunities to [attend a session](#)!

[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 challenging times. As behavioral health is one of Level Up's five dimensions, we want to remind you that you matter!

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.

Taking Care of Yourself

Have you done something nice for yourself lately? Self-care is about spending time taking care of yourself and doing things that benefit your health and well-being. Practicing self-care can help you stay calm and gather inner strength during difficult times.

Make the most of your "me time" with four types of self-care.

1. Physical

This involves taking care of your physical self and meeting your body's needs for nutrition, exercise, and sleep.

- Eat a healthy breakfast.
- Go for a walk.
- Take a nap.
- Get a massage.

2. Emotional

Self-care encompasses mental and emotional health and nurturing a healthy state of mind. You can start by paying attention to your thoughts and feelings. Allow yourself to let go of negative thoughts weighing you down.

- Start a journal.
- Try laughter yoga (or anything that makes you laugh).
- Let yourself cry when you need it.

3. Spiritual

Explore what really matters to you. This can help you clarify what's most meaningful in your life and put your values into action. Feeling a part of something greater than yourself helps give you a sense of purpose.

- Try meditation or prayer.
- Listen to uplifting music.
- Attend a poetry reading.

4. Social

Connecting with other people is a vital aspect of self-care. Building a strong social network helps you stay active and engaged. Sharing a quick conversation or a few laughs with a friend can help you relax.

- Meet a friend for lunch.
- Take an art class.
- Volunteer for an organization you care about.

Additional Resources

- [Omada Health](#) for Cigna & Kaiser Permanente members
- [Centers for Disease Control and Prevention](#)
- [INOVA Employee Assistance Program](#) (username: prince; password: george)

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