Questions or comments about your employee wellness program? Contact ERSC at 301...

Check out the Well Aware Toolbox to see what self-care options are available, including resources, lists of free exercise and mindfulness classes, links to resources for improving physical health and mental health. When it comes to your mental health, self-care is key.

As a permanent MCPS employee, you have free access to all Montgomery County (MC) recreation facilities, including swimming pools and gymnasiums. You also are eligible for a 20 percent discount on an annual pool pass for your family members.

Recovery & Resilience

MCPS and its medical insurance partners have resources to support your physical and mental health. Taking care of your mind is just as important as taking care of your body. To do both well, you need to manage stress.

To help you, we’ll outline many resources available to you. Whether you are a member of Cigna or Kaiser Permanente, we have mental health support options.

Nurturing Your Mind

Taking care of your mind is just as important as taking care of your body. To do both well, you need to manage stress.

During National High Blood Pressure Education Month, the National Heart, Lung, and Blood Institute encourages us to make small changes that add up to big benefits for our health. In fact, one of every three adults in the United States has the condition. High blood pressure, also called hypertension, is dangerous and far too common. In uncontrolled high blood pressure, or hypertension, blood pressure is consistently too high. This increases the risk of heart disease and stroke, and possibly vascular dementia.

Log your blood pressure readings. And, have a chance to win gift cards for participating.

Worrying away from Home: Stress Management Tips

Reduce your contribution by 1 percent. To reapply each year to continue your access to the facilities.

You may be reapplying each year to continue your access to the facilities.

Well AWARE Workshops

Learn more about the event, and review these mental health tips:

• Choose a positive attitude.
• End negative thinking.
• Manage stress.
• Practice relaxation techniques.
• Go for a walk.
• Listen to music.
• Get enough sleep.

Recovery & Resilience

Wellness Initiatives:

Wellness Program

May Well Aware eNews

Welcome to the May 2023 issue of the May Well Aware eNews. Read on for updates on MCPS staff wellness programs. Follow the hashtag #mcpsstaffwellness for wellness ideas, encouragement from your MCPS coworkers, tips on living a healthy life, or more!

A Workplace Wellness Workshop: Boosting Business Success

Workout

Irma Cockerille, bus operator with the Clarksburg Transportation Depot, has been an important catalyst for the depot’s wellness program. Irma has advice for other MCPS staff looking to start a health and wellness journey.

“Stick with it. When I first started yoga, I had to trick myself into doing it. I would use my watch or phone to keep track of my progress. And, I would reward myself with a family dinner out. Now, it’s about the endorphins and the peace it brings me.”

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