



## Employee Update – April 17, 2020

The Office of Human Resources Management (OHRM) will issue periodic updates to Prince George's County Government employees during the reduction in government operations and the Coronavirus Disease 2019 (COVID-19) pandemic. In each *Employee Update*, you'll find information and tips from OHRM, the latest COVID-19 information, and additional tips to support you.

### Keep Informed:

Employee Info from Human Resources	County Updates on COVID-19	Tweets from the County Executive	Tips and Info for Working Remotely
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### 3 Things You Should Know About:

## Mindful Mondays: Health Education Webinars

**1**

### Mind full or mindful.

Our thoughts, moods, attitudes, and behaviors strongly influence our health and wellbeing. Sometimes we tend to overthink things that can cause unnecessary stress and anxiety—leading us to think about the negative, rather than the positive. Let's strive to be in the present moment during these uncertain times.

**2**

### Benefits of being mindful.

- Become more self-aware.
- Center your mind and bring more clarity.
- Let go of fears, doubts and anger.
- Open your mind to all of the good that is flowing in your world.

**3**

### Begin your journey...

- **Topic:** Intro to Mindful Meditation
- **Date:** Monday, April 20
- **Time:** Noon
- **Register:** [Click here to sign up](#)
  
- **Topic:** Transformational Thinking
- **Date:** Monday, April 27
- **Time:** Noon
- **Register:** [Click here to sign up](#)



**Your Daily  
Distraction**  
*from*  
**Level Up**

Looking for a pleasant distraction today? Look no further. The following distractions were provided by the team behind your employee wellness program, [Level Up](#).

- **Listen:** *Rise Up* by Andra Day ([YouTube](#))
- **Watch:** Free performances by The New York Metropolitan Opera ([Link](#))
- **Do:** Download a few audiobooks for free ([Link](#))

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