**Taking care of yourself**

Talking about self-care is trendy, but it’s also crucial to a person’s health and wellbeing. This month, learn why taking care of yourself is so important and also about proactive measures you can take to practise self-care.

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| **In this month’s engagement toolkit you will find:**  **How to create a “not to do” list to set healthy boundaries**  **Training on self-care and how small changes create positive results**  **5-minute stretching video for de-stressing**  **Article for caregivers with tips on taking care of yourself** |

[View toolkit](https://optumeap.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – Access up-to-date content that focuses on a new topic every month |
|  | **More resources** – Get access to additional resources and self-help tools |
|  | **Content Library** – Continued access to your favourite content |
|  | **Support for everyone** – Share toolkits with those who you think might find the information helpful |

\* WHO, “Adolescent Mental Health.” <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>Accessed 3 Nov 2022