

# Taking care of yourself

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

## Included 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 to de-stress

Article for caregivers with tips to take care of yourself

[View toolkit](#)

## What to expect each month:



**Latest topics** – Connect with 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 favorite content



**Support for everyone** – Share toolkits with those you may think find the information meaningful

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