

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.

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](#)

What to expect each month:



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