



Self-Care Challenge:

Take Time for Your Needs

Emotional self-care is anything that builds your emotional resilience and improves your emotional quality of life.



Read

How to enjoy more alone time – without feeling lonely_(or guilty).



Read

9 basic emotional needs everyone has and how to meet them



Try Something New

Make time to socialize or to be alone— whichever you need.



Upgrade Your Care

Set time each week to be with yourself and discover what you need to enjoy a balanced life.



Share your favorite self-care tip on social media and tag us @NCCommAction on Twitter or Facebook, or @NC Community Action on LinkedIn



Learn more at nccaa.net/self-care