



Self-Care Challenge:

Set Boundaries at Work

Professional self-care includes setting healthy boundaries at work, improving your skills to achieve your professional goals or leaving a toxic work environment for a better career opportunity.



Read

8 reasons why you need to take your full lunch break



Read

10 ways to set healthy boundaries at work



Try Something New

Enjoy your lunch today away from your computer and with your phone turned off.



Upgrade Your Care

Set focus time during the day when people can't reach you while you focus on work.



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