Hello!

I’m inviting you to join our [Self-Care Challenge](https://www.nccaa.net/self-care) in October. This challenge, hosted by the North Carolina Community Action Association, explores the various categories of self-care and provides new self-care activities to help amp your current routine.

Recently, we’ve seen more and more of our friends and colleagues become burned out after this past exhausting year and a half. Often, we push our own needs aside for the needs of those around us, ignoring our own. This October, we invite you to treat yourself with daily self-care so you can hit the holiday season refreshed!

Don’t know where to start with self-care? Need “new ideas for self-care?” Register at https://www.nccaa.net/self-care for the NCCAA Self-Care Challenge. You’ll receive daily emails with information about self-care practice, as well as new self-care activities and ways to upgrade your current routine. These easy-to-do tips require little prep.

I encourage you to join this challenge and make time to care for yourself.

Thanks,

\_\_\_\_\_\_\_\_\_\_ (your name)