



# Self-Care Challenge:

## *Control Your Finances*

Practical self-care is focused on reducing your stress and anxiety by eliminating the long to-do lists.



### Read

[10 Healthy Ways to Practice Self-Care on a Budget with Lauren Gretuman](#)



### Watch

[How to Budget Monthly for Beginners](#)



### Try Something New

Creating weekly budgets to print and organize in a notebook.



### Upgrade Your Care

Keep your budget someplace where you'll always see it – like on a white board.



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](https://nccaa.net/self-care)