



Self-Care Challenge:

Use Your PTO

Professional self-care can seem impossible when you have many responsibilities. But taking time away from work can make you more productive and reduce burnout.



Read

[9 Ways to Encourage Employees to Take Vacation Days & Use PTO](#)



Read

[Guide to Understanding How PTO Works](#)



Try Something New

Taking Paid Time Off (PTO) for vacations or mental health days. Plan today to take your next vacation or mental health day.



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