SELF-CARE Challenge
hosted by the North Carolina Community Action Association

Self-Care Challenge:
Changing Your Mental Stimulation

Mental self-care is doing anything that stimulates, stabilizes, relaxes or excites your mind. Our brains need a range of stimulus, depending on what we're currently experiencing.

Read
'Doom scrolling' is bad for your mental health. Do this instead.

Read
21 hobbies you can start at home-today

Try Something New
Avoid using social media or watching the news today to give yourself a break.

Upgrade Your Care
Try a new hobby or pick up an old one.

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

North Carolina Community Action ASSOCIATION
AMERICA'S POVERTY FIGHTING NETWORK

+ ## Learn more at nccaa.net/self-care