



Self-Care Challenge:

What is Professional Self-Care?

Most of us think professional self-care simply means maintaining a healthy work-life balance. Although this is an important part of self-care, it's only one way of practicing it. Self-care also means setting healthy boundaries at work, improving your skills to better help achieve your professional goals or leaving a toxic work environment for a better career opportunity.

Read



[Self-care mindset tools for the stressed-out career girl](#)

Read



[5 tips to improve your professional self-care](#)

Try Something New



Take a five-minute break every hour.

Upgrade Your Care



Take 10 minutes to research how to achieve your next professional goal, and then make a plan to achieve it.



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