



# Self-Care Challenge:

## *Make Time to Socialize!*

Social self-care is about going out with friends, spending quality time with family, talking to strangers or taking some time to yourself.



### Read

5 ways to make 'forced family fun' less forced



### Read

Why socializing is more exhausting now – and how you can get your mojo back



### Try Something New

Make plans today to meet with friends or family.



### Upgrade Your Care

Have scheduled family fun each week, where everyone participates in family activities.



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)**