

WORKLIFE NEWSLETTER



Focus on self-care: Take time for you

When life gets busy, it can be easy to put your own personal pick-me-ups at the bottom of your to-do list. But self-care should be among your top priorities. It helps you stay healthy and be the best version of you. So if you feel selfish for taking time for you, keep in mind that everyone you know stands to benefit from it. This month's resources can help you focus on self-care.

Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

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