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## Inspiration within reach: Body

Part of taking care of you means paying attention to your physical needs. Eating healthy, getting enough quality sleep and the right amount of exercise for you can make a big difference in your physical and emotional well-being. This month's resources can help motivate and inspire you!

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### Monthly Awareness



#### Eating disorder awareness

Learn the risks and warning signs.

[Read the article](#)

### Think Tank



#### Body image and its impact

Listen in as Amy and Dr. Doumani discuss how our beliefs impact the way we feel about our bodies.

[Listen](#)

### Life's Moments



#### When my body and heart broke open

Learn how practicing self-compassion and making self-care a priority helped a caregiver recover from the breaking point.

[Read the blog](#)

### 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.

[See upcoming webinars](#)

