



July Feature Take Care in Your Career

Having a busy work schedule doesn't mean you have to neglect your well-being. Practice self-care at work: take deep breaths, stretch, go for a walk, get a drink of water, or ask for support when needed. Taking care of yourself can help you to take control of your stress.

Self-care is key in feeling your best so that you're ready to take on the day. July 24th is International Self-Care Day, which encourages you to take small steps in a positive direction to improve your life, whether that be at home or at work. Visit the [International Self-Care Foundation](https://www.self-care.org/) website for tips on practicing daily self-care.

You can also read [Building Your Resiliency with Self-Care](#) and [Understanding and Avoiding Burnout](#), or try the [Health and Well-Being Toolkit](#).

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Search the platform any time for helpful resources related to this topic.

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