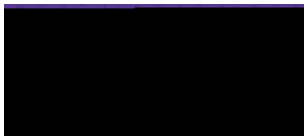




[Self-Care 101](#) Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



[Self-Care Checklist](#) @ Mds Help  
Phone shares a list of ways you can be a champion for your own mental health and well-being.



[Self-Care Quiz](#) - Self-care is about nurturing your mental, emotional  
@ Mds Help  
care!



[30 Day Self-Care Challenge](#) challenge yourself to complete as many of the self-care tips as you can during the 30-day period. Remember, each self-care task is a reward in itself.