Below is a list of your colleagues’ favorite self-care resources.

A Heart-to-Heart Talk About My Awkward Relationship With Self-Care & Burnout: http://bit.ly/2MYxNYC


Check out @UBSSW's Self Care resources including their starter kit: http://bit.ly/1PYNOsp


6 Ways to Weave Self-Care into Your Workday: http://bit.ly/2C8TH4b


[Infographic] Don’t forget to schedule some self care: https://t.co/FFRifb3atP

Check out the Self-Care Wheel for ideas to make selfcare a priority: http://bit.ly/2b4UXeC
