



# Health & Happiness PROJECT

## Welcome to Your **RESILIENCY** Toolkit

### Self-Care

#### Why is Self-Care important?

Self care prevents burnout, reduces stress, and can help you refocus. It has many benefits for your physical, mental, and emotional health.



This project is a collaborative effort between Allina Health, Rice County Chemical Mental Health Coalition, Rice County Public Health, and United Way of Steele County.

