

# Your wellbeing matters

Caring for others is important, but nurturing your own happiness allows you to truly grow. Self-love means embracing who you are and treating yourself with compassion.

This January, in honor of **Self-Love Month**, take time to practice self-care, embrace relaxation and prioritize your wellbeing.

Your program offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets.



Visit your program's web platform or mobile app to get started.

