

# Self-Care Strategy

## Taking some "me time"

Taking time for yourself can help you be more mindful and present. Self-care can be a proactive way to limit daily stress. We can help you learn more.

## LET US HELP

**TOLL-FREE:** 833-549-3277

**WEBSITE:** [www.cmgassociates.com](http://www.cmgassociates.com)

**PASSWORD:** Newton

Always Available | Free | Confidential



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**YOUR EMPLOYEE SUPPORT PROGRAM**

