



## Connect with yourself: Become

If you look back on who you were a year ago, five years ago, ten years ago, you'll most likely notice small and maybe even big differences. We're always learning and growing and changing. Taking some time to honor those changes can help you give yourself credit for all the ways you've grown even while you're continuing your journey.



### The benefits of self-care

Spending a little extra time and energy on self-care can help you lower your stress and boost your emotional well-being. It can also help prevent or reverse burnout and the fatigue that comes with it.

Learn more about these tips that can help:

- Practicing gratitude
- Finding a little more "me time"
- Staying active

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[Perils of perfectionism and procrastination](#)  
3/28 at 3-4 pm ET / 12-1pm PT

[Simplify your life](#)  
4/4 at 3-4 pm ET / 12-1pm PT

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