



RETIREMENT FUND  
**ISASA**

*Caring about your financial future*



Learning



Planning



Living

**Your Life Newsletter**

**March 2024**



“  
*Love yourself enough  
to set boundaries.  
Your time and energy  
are precious.  
You get to choose  
how you use it.  
You teach people  
how to treat you  
by deciding what  
you will and won't accept.*

– Anne Taylor

## **7. Money Savvy - Take care of yourself**

Self-care includes everything related to staying physically healthy — including hygiene, nutrition, and seeking medical care when needed. It's all the steps an individual can take to manage stressors in his or her life and take care of his or her own health and well-being.

### **Self-care tips**

- ✓ Practice healthy eating and sleeping habits,
- ✓ Make sure you have a household budget and try to stick to it,
- ✓ Dedicate time to positive activities,
- ✓ Maintain boundaries with others;
- ✓ Spend time with your loved-ones,
- ✓ Seek support when you are overwhelmed,
- ✓ Seek medical care when you are ill or unwell.

“  
*Breathe.  
Let go.  
And remind yourself  
that this very moment  
is the only one  
you know you have  
for sure.*

– Oprah Winfrey