

## FOR MORE INFORMATION

[selfcareforum.org/fact-sheets](https://selfcareforum.org/fact-sheets)

[nhs.uk](https://nhs.uk)

[shropshiretelfordandwrekinccg.nhs.uk/  
your-health/health-advice/self-care/](https://shropshiretelfordandwrekinccg.nhs.uk/your-health/health-advice/self-care/)



**PRACTICE  
SELF CARE  
FOR LIFE**

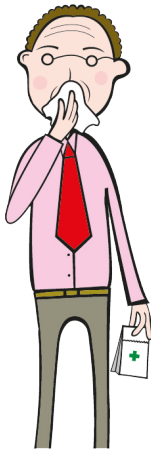
**SELF CARE WEEK  
15 - 21 NOVEMBER**

## WHAT IS SELF CARE ?

Self care is the steps or the actions that we individually take in order to develop, protect or maintain our health.

## SOME SIMPLE STEPS YOU CAN TAKE TOWARDS SELF CARE.

1. Looking after your personal hygiene.
2. Nourishing your body.
3. De-stressing by reading a book, exercising or taking time out for hobbies you enjoy.



Visiting  
your high  
street  
pharmacy  
for minor  
ailments.

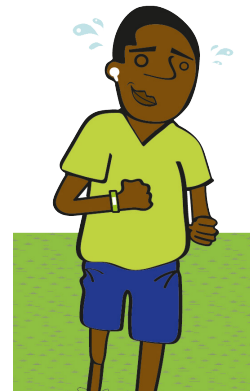
Take  
time  
out



Healthy eating



Exercise



## WHY IS SELF CARE IMPORTANT?

Incorporating self care into our daily lives can help us to live as healthily as possible. Better health allows us to cope better with the challenges of every day life.

Knowing what to do and where to go for help is an integral part of practising self care for life. Pharmacies are on every High Street and can help with all sorts of ailments. Pharmacists can also signpost you to the right place for additional health advice or treatment.

The important thing to remember is, practising self care is something we all need to do every day.

For ourselves. For our families. And for the NHS.