

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.

WHY IS SELF CARE IMPORTANT ?

It gives you control over your health and encourages healthy behaviour that will help to prevent ill health long term.

When you take care of minor ailments, it can reduce visits to GPs therefore allowing GPs to cater for higher risk patients such as the young, elderly and people living with co-morbidities. Also, cost effective use of NHS resources allows for money to be spent where it's most needed and improve health outcomes of the NHS.

FOR MORE INFORMATION

selfcareforum.org/fact-sheets

nhs.uk

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