




Social media toolkit


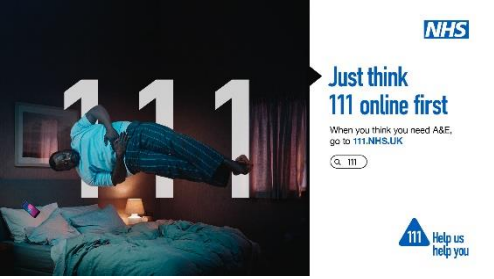

Please use these hashtags during Self Care week: **#SelfCareWeek** and **#SelfCareForLife**

You can also find further resources on the self care forum website [here](#).

Date to post	Copy	Image
14.11. 22	<p><i>Self care means understanding how to manage minor and long term health conditions.</i></p> <p><i>For tips to live well the NHS website can help:</i></p> <p>https://www.nhs.uk/live-well/</p> <p><i>#SelfCareWeek #SelfCareForLife</i></p>	
14.11.22	<p>Stomach ache bothering you?</p> <p>Your local pharmacist can provide advice and recommend treatments to help, no appointment needed.</p> <p>For expert advice, talk to your pharmacist:</p> <p>nhs.uk/using-the-nhs/nhs-services/pharmacies/what-to-expect-from-your-pharmacy-team/</p> <p><i>#SelfCareForLife #SelfCareWeek #HelpUsHelpYou</i></p>	
15.11.22	<p>Available 24/7, NHS 111 online can help if you have an urgent medical problem and you're not sure what to do.</p> <p>If you think you need treatment but it's not life threatening, visit http://111.nhs.uk</p> <p><i>#SelfCareWeek #NHS111 #HelpUsHelpYou</i></p>	

<p>15.11.22</p>	<p>Activity is key to long term physical health and mental wellbeing.</p> <p><i>#SelfCareWeek #SelfCareForLife #EveryMindMatters</i></p>	
<p>16.11.22</p>	<p><i>Self care means understanding how to manage minor and long term health conditions.</i></p> <p><i>For tips to live well the NHS website can help:</i></p> <p>https://www.nhs.uk/live-well/</p> <p><i>#SelfCareWeek #SelfCareForLife</i></p>	
<p>16.11.22</p>	<p>Feeling unwell?</p> <p>Your local pharmacy can provide treatment advice about a range of common conditions and minor illnesses, no appointment needed.</p> <p>For expert advice, talk to your pharmacist: nhs.uk/using-the-nhs/nhs-services/pharmacies/what-to-expect-from-your-pharmacy-team/</p> <p><i>#SelfCareWeek #SelfCareForLife #HelpUsHelpYou</i></p>	

<p>17.11.22</p>	<p>When you think you need urgent medical help, go to 111 online first. We'll help you right away, and if needed, a healthcare professional will call you.</p> <p>Visit 111.nhs.uk</p> <p>#SelfCareWeek #NHS111 #HelpUsHelpYou</p>	
<p>17.11.22</p>	<p>Be mindful of yourself, health and happiness always.</p> <p>Visit: https://www.nhs.uk/every-mind-matters/</p> <p>#SelfCareWeek #SelfCareForLife #EveryMindMatters</p>	
<p>18.11.22</p>	<p>Good nutrition and regular exercise can improve general wellbeing and help maximise your immunity.</p> <p>#SelfCareWeek #SelfCareForLife</p>	
<p>18.11.22</p>	<p>If you need urgent medical support, go to 111.nhs.uk <i>first</i></p> <p>#SelfCare #NHS111 #HelpUsHelpYou</p>	

		
<p>19.11.22</p>	<p>111 online can help you if you have a medical problem and you don't know what to do. Visit 111.nhs.uk</p> <p>#SelfCare #NHS111 <i>#HelpUsHelpYou</i></p>	
<p>19.11.22</p>	<p>Available 24/7, NHS 111 online can help if you have an urgent medical problem and you're not sure what to do.</p> <p>If you think you need treatment but it's not life threatening, visit http://111.nhs.uk</p> <p>#SelfCare #NHS111 <i>#HelpUsHelpYou</i></p>	
<p>20.11.22</p>	<p>Take care of yourself and check your health conditions and know what to do next:</p> <p>https://www.nhs.uk/conditions/</p> <p>#SelfCareWeek #SelfCareForLife</p>	

		
<p>20.11.22</p>	<p>Good nutrition and regular exercise to support general wellbeing and help maximize people's immunity.</p> <p>Be kind to your mind visit: https://www.nhs.uk/every-mind-matters/</p> <p><i>#SelfCareWeek #SelfCareForLife</i> #EveryMindMatters</p>	