



Self Care Week Reminds us to Exercise Self Care for Life

Self Care Week is the annual national event that raises awareness of what we can all do to improve our physical health and mental wellbeing. This year, the theme is Exercise Self Care for Life.

Incorporating the practise of self care into our everyday lives can help us to live as healthily as possible. There is evidence that suggests being as healthy as we can also help us to better cope with life's challenges that come our way.

Self Care Week is a perfect time to think about how we live our lives and maybe make some small changes that will improve our health and wellbeing, and our family's. Those changes could mean looking at what we eat or drink, or how much exercise we do or how much sleep we are getting. They could be about our work-life balance, because staying connected to our friends and family is also vital to our wellbeing, and theirs.

Knowing what to do and where to go for help is an important part of practising self care for life. Remember, it isn't just the GP practice that can help, pharmacists are also trained health experts. They 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.

Remember, www.111.nhs.uk can also be a good place to go for health advice for things that are not life-threatening. You can also phone 111 if you don't have access to the internet. In addition, the NHS website has lots of information on what steps to take to look after you and your family, <https://www.nhs.uk/>, and you can also download the NHS App to check symptoms, order prescriptions and sometimes even make appointments. The Self Care Forum also has some useful fact sheets you might like to download. <https://www.selfcareforum.org/fact-sheets/>

The important thing to remember is, practising self care is something we all need to do every day. For ourselves. For our families. For the NHS.