



Hawthorns Medical Centre

Patient Participation Group

Invites you to a

National Self Care Week Event

THURSDAY 14th November 2019

At 1.30

Self-care is a broad term that encompasses just about anything you do to be good to yourself. In a nutshell, it's about being as kind to yourself as you would be to others. It's partly about knowing when your resources are running low, and stepping back to replenish them rather than letting them all drain away.

- ▶ Meanwhile, it also involves integrating self-compassion into your life in a way that helps to prevent even the possibility of a burnout.
- ▶ The difference between unhealthy coping mechanisms and self-care activities is that the latter is uncontroversial good for you. When practiced correctly, self-care has long-term benefit for the mind, the body, or both.
- ▶ What is Self-Care?
- ▶ Self-Care is about treating minor illnesses at home and seeking help when you need it. It is also about managing any conditions you have in a way that puts you in control, improves your quality of life and avoids you getting ill.
- ▶ There are various ways that you can support yourself to stay well, these include:

Stock up your medicine cabinet

To support Self Care at home you should keep a well-stocked medicine cabinet with essential medicines such as:

- painkillers such as paracetamol and ibuprofen
- antihistamines
- anti-diarrhoeal medicine
- oral rehydration salts
- indigestion treatment
- first aid kit including plasters, bandages and a thermometer

control of your health and wellbeing

The NHS website is full of information, tips and tools that can help put you in charge of your own health and wellbeing.

There you will be able to find:

An A-Z of treatments and conditions providing explanations on a wide range of illnesses and ailments

Information, tips and tools to help you stay healthy and live well

'Ask NHS' app

Download the 'Ask NHS' app for free from the Apple Store and Google Play

By using the app you can quickly and easily check symptoms 24/7

Find local NHS services, including opening times

Get trusted NHS health advice

Book GP appointments

Visit your pharmacy for advice

Your pharmacist can help you and your family with lots of health care problems such as coughs and colds, aches and pains, allergies, hayfever and stomach upsets.

NHS 111

If you're worried about an urgent medical concern, you can call NHS 111 to speak to a fully trained adviser who will direct you to the right service for your needs.

NHS 111 is available 24 hours a day, 7 days a week, and calls are free from landlines and mobile phones.

Pictures of the afternoon



Continued...



Hawthorns Medical Centre Patient Participation Group SELF CARE EVENT

Come & join us:

- Treating Minor illnesses at Home
- Pharmacy Minor Ailments Scheme (PMAS)
- Essential Medicines you should keep at Home

