

Ideas for Students



13-19 November

About this resource

Getting the most out of your Self Care Week initiative takes planning and this resource aims to provide ideas on how Student Unions or other student organisations can participate.

Further resources are available from the website www.selfcareforum.org here are useful links:

- Self Care Week [case studies](#) to share best practice.
- A [comms doc](#) available on the [resources page](#), also logos, social media assets etc
- [Subscribe](#) to our newsletter to stay updated
- Follow us on [twitter](#), [facebook](#) and [LinkedIn](#)
- Get in touch via selfcare@selfcareforum.org

Self Care Week 2023

**Mind &
Body**

1.0 Why Participate in National Self Care Week (13 – 19 November)?

Self Care Week provides a focus to universities, and other organisations with an audience, to hold a targeted campaign to support young people to take care of their health and wellbeing and improve their understanding of self care.

Self care messages are maximised when repeated by many voices through different mediums at the same time, making a greater impact and reaching more of the population.

“Self Care Week is the one time of the year when so many different organisations can own the same message.” [Ade Williams, Community Pharmacist, and Self Care Forum Trustee]

2.0 Possible Self Care Week activities – Utilise Self Care Forum resources

Many of our resources such as our [self care aware fact sheets](#) are designed to empower individuals and help them understand how to take care of their symptoms, you might like to utilise these during Self Care Week:

- Use Self Care Week posters and fact sheets by making a display in the reception area or common rooms. We also have a tv image logo and artwork for a pop-up banner to help grab people's attention.

Self Care Aware fact sheets are excellent resources for students, not only during Self Care Week.



2.1 Possible Self Care Week activities – Common Room Activities

Receptions and common rooms are an ideal space for self care interaction and perfect communal areas to hold organised events:

- Work with the local pharmacy or surgery to set up a walk-in screening check for free blood pressure checks, blood sugar level checks or another type of disease screening
- provide a free exercise activity such as meditation, yoga, Tai chi – instructors may agree to offer their services for free as a tester session
- Invite a nutritionist to provide advice on simple healthy meals which may be helpful for students that haven't been away from home before

Invest in a pop up banner, [free artwork](#) is available, to grab student's attention and link your activities to National Self Care Week.

2.2 Possible Self Care Week activities – Invite Experts

Nurses, doctors and allied health professionals have a wealth of knowledge about how students can take better care of themselves, Self Care Week offers an excellent opportunity to invite local health professionals to a lunch n learn event, or even a virtual event. Make sure the events are interactive to make them more interesting. Possible topics could be:

- Sign posting to local health services and groups
- The benefits of getting vaccinated
- Winter ailments
- Nutrition + Exercise
- Looking after your mental well being

2.3 Possible Self Care Week activities – A week of activities

Student Unions are great at supporting students and now more than ever helping young people to be more aware of how to take care of their physical health and mental wellbeing is crucial.

Here are a few more ideas in case you have time and resources to produce a week of activities to empower your young people

- Organise a walking event and incorporate local sites and landmarks (not pubs) to help new students get to know the area
- Run a real or virtual bingo game, reading group or knit+natter event to help connect students
- Raise awareness of the excellent self care apps available such as those from [Expert Self Care](#) .
- Hold a Twitter chat, or something similar on another social media platform, and invite students to discuss their self care needs or share their self care wins

3.0 Connecting to National Self Care Week Activity via social media

As organisers of Self Care Week, the Self Care Forum will be making as much noise as possible at the national level, particularly via social media.

Watch out for social media assets that will be available nearer to the time, check the website or [subscribe to the newsletter](#) to be notified.

Please use #selfcareweek and #mindandbody when getting involved on social media and include @SelfCareForum on twitter, LinkedIn and FB for a share and retweet.

Follow us on [twitter](#),
[facebook](#) and [LinkedIn](#)

3.1 Connecting to National Self Care Week Activity – Don't forget branding

If relevant it is always a good idea to connect to the national Self Care Week activity via official branding material, which is available on the Self Care Forum website.

Your students will identify your Self Care Week activity and connect it to the bigger, national public health initiative.

You might want to purchase a Self Care Week pop up banner, [free artwork](#) is available.

Thank you for getting involved in Self Care Week and do keep an eye on the website for new material or [sign up to our newsletter](#) for updates straight to your inbox.

For more details contact
selfcare@selfcareforum.org

Consider entering our Self Care Innovation Awards. Details on the website

