

Ideas for Students



Self-Care Week 2024

**Mind &
Body**

18-24 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

1.0 Why Participate?

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 MBE, Community Pharmacist, and Self Care Forum Trustee]

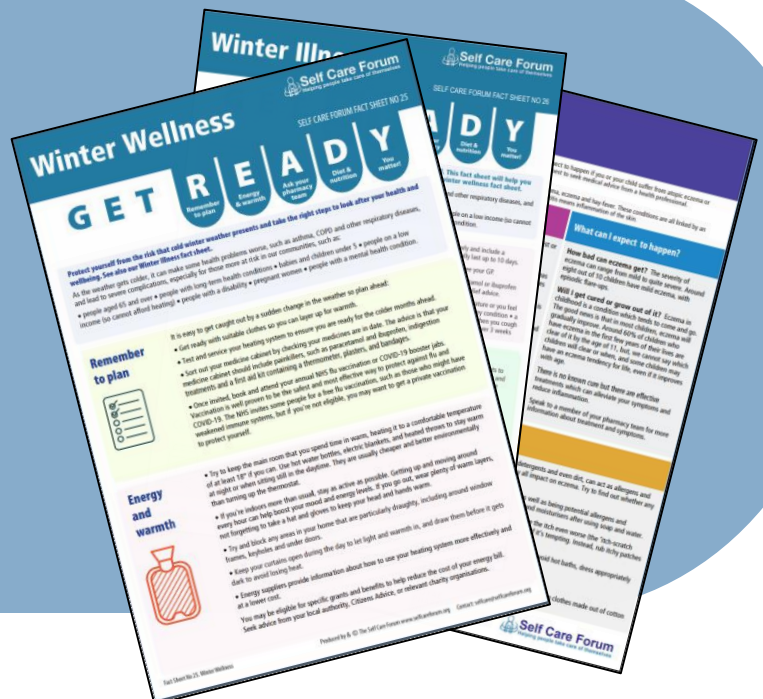
National Self-Care Week -18 – 24 November

2.0 Self-Care Week activities

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 an icon suitable for a TV 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 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



2.2 Invite Self-Care Experts

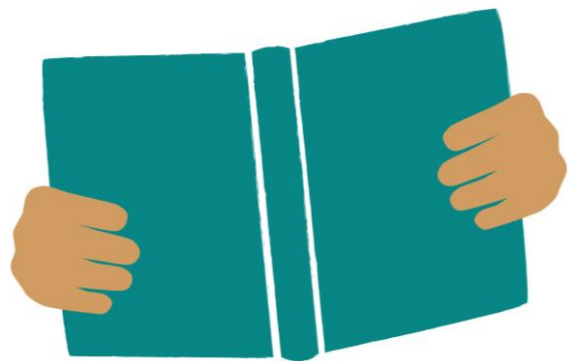
Nurses, doctors and allied health professionals have a wealth of knowledge about how students can take better care of themselves, Self-Care Week offers an excellent opportunity to invite local health professionals to a lunch n learn event, or even a virtual event. Make sure the events are interactive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

- Sign posting to local health services and groups
- Screen and vaccinations - the benefits
- Winter ailments
- Nutrition + Exercise
- Looking after your mental well being
- Sexual health

2.3 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. Holding a variety of activities during the week can help young people engage. Here are ideas:

- 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 reputable self-care apps available such as those from [Expert Self Care](#).
- Hold an X 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

As the organiser of Self-Care Week, the Self Care Forum will be promoting the benefits of self-care 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 the Self Care Forum in your posts for a share and like.

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

3.1 Don't forget branding

Using official branding is a great way to connect to National Self-Care Week activity. Icons and other material 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

