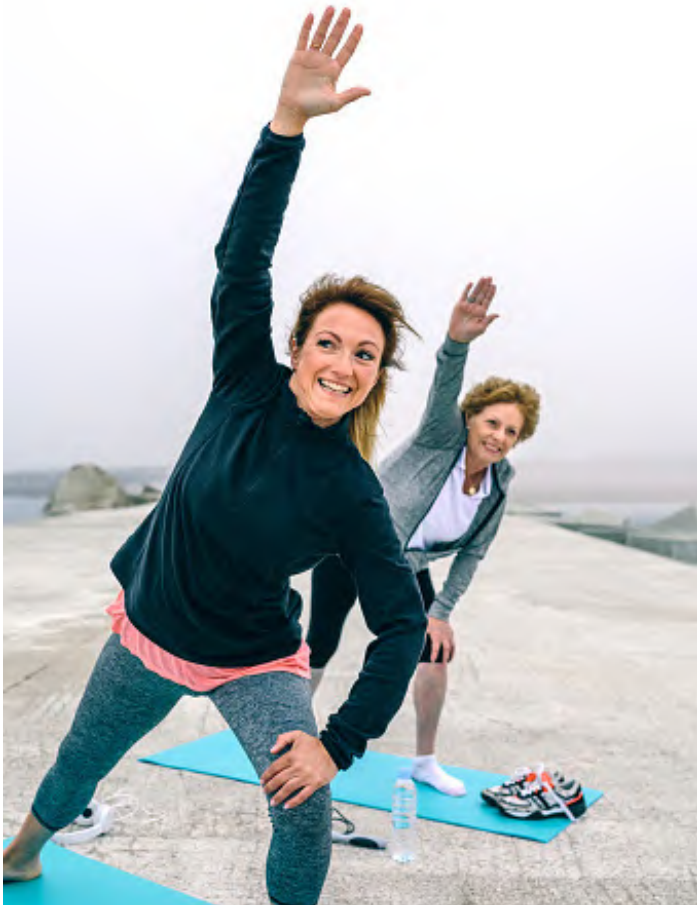


What is Self-care?



Self-care is about looking after yourself, living a healthy lifestyle and focussing on what you can do, rather than things you can't. It's also about taking responsibility for your own health and wellbeing with the support of the people involved with your care.



It starts with really simple things like brushing your teeth regularly, taking medicine when you have a cold, or making time to exercise. It's really important to look after yourself in order to stay as well as possible.

Learning to manage your condition



If you live with a long term health condition, there are other things you may need to think about. This could making changes to your diet, different types of exercise or different types of medication you may need to take.



When you talk to your health or social care provider about your condition, you may want to talk about some of the things you need to do in order to stay well.



Along with their advice, there are things that you can do to help:

- eat healthily
- exercise
- take your medicines at the right time.

By being in control of your health you can help improve your quality of life.

Self-care booklets



We have developed some self care booklets to help people. They will help you to feel more confident about your health issue and stay independent. They can also help your family and friends.



[There are booklets for stroke, dementia, heart failure, asthma and COPD.](#)



Finding more support

You can find more information about support to stay healthy on the [Living Well website](#). You can also find support for yourself and self-care on [our social care page](#).



We also have a [guide about what to do if your child is unwell](#).

Self-care tips



- Stay healthy by eating well and being active
- Make time to spend with friends
- Get a flu jab if you're in a vulnerable group
- Get a covid vaccine if you are offered one
- Wrap up warm when it's cold, add more layers of clothing and wear correct footwear in bad weather!



- Learning to manage your condition is a good thing, it puts you in control, improves your quality of life and helps you to stay healthy. Information and support is available to help you to do this
- Talk to your healthcare professional and pharmacist about the services and support available to help you live with your long term condition

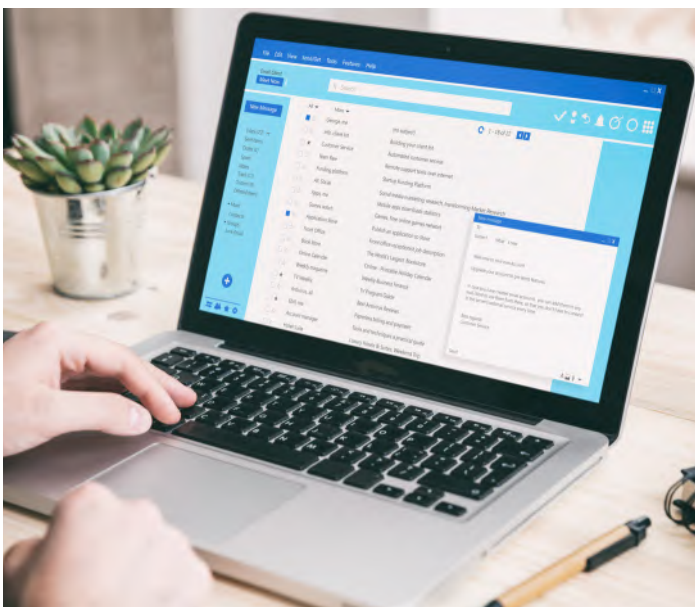


Please remember!

Most common ailments, such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache) can't be treated with antibiotics.



Instead, rest, drink plenty of fluids, take pain relievers such as paracetamol or ibuprofen and talk to your pharmacist for advice on getting the relief you need.



Further information

For more information, please contact us by email:

hello@mylivingwell.co.uk.