



**Living Well**  
North Tyneside  
Supporting Health and Wellbeing

# Nurturing WellBeing: National Self Care Week 2023

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In the hustle and bustle of our daily lives, it's easy to overlook the importance of self-care. National Self Care Week, from the 13th to the 19th of November 2023, serves as a gentle yet powerful reminder to prioritise our well-being. This annual awareness week, dedicated to embedding support for self care across communities, families, and generations, advocates for a holistic approach to health that starts with ourselves.

## The Essence of Self-Care Week:

Organised with a vision to make self-care a natural part of our lives, Self Care Week encourages individuals to embrace practices that nurture physical, mental, and emotional well-being. It recognises that self-care is not a luxury but a fundamental aspect of leading a healthy and fulfilling life.

## Objectives of Self-Care Week:

**Raise Awareness:** The week aims to raise awareness about the importance of self-care and its impact on overall health. It challenges the notion that self-care is a selfish act, emphasising its role in building resilience and preventing burnout.

**Community Engagement:** Self-Care Week is not just about individual wellbeing; it extends its reach to communities. It encourages the development of a collective culture that values and supports self-care.

**Generational Impact:** By embedding support for self-care across generations, the week promotes the passing down of healthy habits and coping mechanisms. It recognises that fostering a culture of well-being starts at home and within families.

**Holistic Health:** Self-care is not confined to physical health; it encompasses mental, emotional, and social well-being. The week encourages a holistic approach, acknowledging the interconnectedness of various facets of our lives.

## How to Embrace Self-Care Week:

**Personal Reflection:** Take a moment to reflect on your current self-care practices. Identify areas that may need more attention and make a commitment to nurturing your wellbeing.

**Community Initiatives:** Get involved in community-led initiatives promoting self-care. Attend workshops, events, or discussions that focus on holistic health and well-being.

**Family Bonding:** Share the importance of self-care with your family. Create rituals or activities that encourage wellbeing

and support each other in cultivating healthy habits.

**Educate Others:** Use your influence to educate others about the significance of self-care. Share resources, tips, and personal experiences to inspire a culture of wellbeing.

National Self Care Week is a call to action, urging us to be proactive in prioritising our wellbeing. By fostering a culture of self-care within ourselves, our communities, and across generations, we contribute to a world where everyone has the tools and support needed to lead a balanced and fulfilling life. This November, let's embrace self-care as an essential part of our journey towards holistic health.

#### Related Links

- [National Self Care Week](#)



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