

INTERNATIONAL SELF-CARE DAY

International Self-Care Day (ISD) is on 24th July each year to highlight the importance of self-care in improving overall health and wellbeing. The date (24/7) symbolises that self-care should be practiced 24 hours a day, 7 days a week. It was launched in 2011 by the International Self-Care Foundation.

The day encourages individuals to prioritise their health and wellbeing through conscious, daily self-care practices to manage health, prevent illness and enhance overall quality of life. Consistent self-care practices have been clinically proven to help manage stress, improve mental health, and prevent chronic diseases. As health systems worldwide face a range of challenges, integrating self-care into our daily routine can lead to healthier populations.



The day is a powerful reminder that self-care is not a luxury – it's a fundamental act of self-love and self-preservation. It is not selfish – it's vital.

Self-care is not a trend; it's a proactive and personal approach to looking after our overall wellbeing. Whether it's getting enough rest, making healthy food choices or seeking support, every decision counts.

What is self-care?

World Health Organization's definition of self-care is:

"The ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability, with or without the support of a health-care provider".

Self-care involves people taking charge of their own physical and mental health using the knowledge and resources available to them. It empowers individuals to make informed choices in collaboration with healthcare professionals when needed. It includes:

- **Making healthy lifestyle choices** – being physically active and eating healthy
- **Avoiding unhealthy lifestyle habits** – avoiding smoking and excessive alcohol consumption
- **Using prescription and non-prescription medications responsibly**
- **Recognising symptoms** – assessing and addressing symptoms in partnership with healthcare professionals where necessary.
- **Monitoring health** – checking for signs of deterioration or improvement.
- **Managing conditions** – managing symptoms in partnership with healthcare professionals.



The key focus areas are:

- **Mental health and emotional wellbeing** – reduce stigma and promote open conversations. For more details read our guide [here](#).
- **Physical activity and healthy eating** – encourage regular activities and balanced nutrition as daily priorities. For more details read our guide [here](#).
- **Sleep and rest** – understand the importance of restorative sleep. For more details read our guide [here](#).
- **Digital wellness** – minimise screen fatigue and promote healthy technology use.
- **Preventive health** – ensure you have regular dental, GP, and optical appointments.

Self-Care Resources

[World Health Organization \(WHO\)](#)

[The Sleep Charity](#)

[NHS](#)

[Mind](#)

[Mental Health Foundation](#)

How to get involved

Mental Health

- Spend time in nature
- Practice yoga or stretching techniques
- Try breathing techniques
- Practice mindfulness, meditation or self-reflection
- Journal your feelings, intentions or gratitudes
- Write down three positives from the day
- Use affirmations or positive self-talk
- Identify your stress triggers and develop healthy coping strategies
- Access mental health resources or talk to a counsellor
- Read, listen to music, or engage in a relaxing hobby

Physical Health

- Take the stairs, walk, or cycle when possible
- Get at least 30 minutes of physical activity
- Eat colourful nutritious meals (aim for at least 4 colours on your plate)
- Drink at least 2 litres of water daily
- Prioritise 7-9 hours of quality sleep
- Use wearables or apps to track your wellness

Digital Self-Care

- Unfollow social media accounts that cause stress or self-comparison
- Use apps that support sleep, mindfulness, and screen-time management
- Take regular digital detoxes (start with 30 minutes a day and build up to digital-free days)
- Set tech-free hours, especially before bed

Police Mutual Services

Worrying about money can be extremely stressful and may lead to mental health conditions. Police Mutual are here to help. We want to break down the stigma surrounding debt and get people talking about money.

We've teamed up with **PayPlan***, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan*** on **0800 197 8433**.

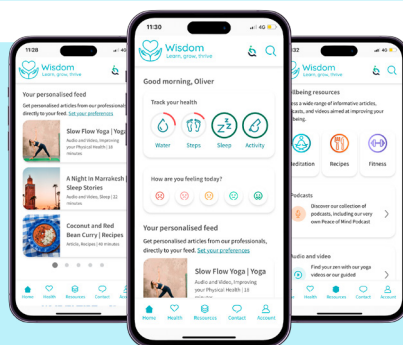
Our Care Line Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support.

To read more of our wellbeing guides take a look at our **Wellbeing Hub** [here](#).

Call us **0151 242 7640** Visit **policemutual.co.uk**. We're open from **9am - 5pm Mon - Fri**

Wisdom App

Download the Health Assured App and register today - your code is **MHA107477**



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