

How to guide:

Make your #SelfCarePromise

Let's act on  
self-care, together

INTERNATIONAL  
SELF-CARE DAY 24 JULY 2021  
[selfcarepromise.org](https://selfcarepromise.org)

Self-care  
promise

# INTERNATIONAL SELF-CARE DAY 2021

The Global Self-Care Federation (GSCF) is putting the **spotlight on the benefits of self-care** ahead of and beyond WHO's Self-Care Month (June 24th – July 24th) and International Self-Care Day July 24th – two key annual advocacy milestones.

GSCF's 2021 International Self-Care Day campaign focuses on the **#SelfCarePromise** theme, encouraging you to make a personal commitment to embrace a specific self-care action.



Self-care is the practice of individuals looking after their health using the knowledge and information available to them, in collaboration with healthcare professionals as needed. Actively managing your own health and well-being through self-care has numerous benefits, including better choice, better care and better value. Engaging in positive and consistent self-care practices has never been more important. The COVID-19 pandemic has highlighted just how fragile our health systems are.

To make real change  
we need to strengthen  
policy frameworks  
to ensure they fully  
integrate self-care.

Stay tuned in September for the launch of GSCF's 'Self-Care Readiness Index' which will serve as a practical tool for all self-care advocates to better understand and recognize the critical enablers of self-care.



A person is shown from the chest up, wearing a dark jacket, with their arms raised in a celebratory gesture. The background is a light grey surface covered with colorful confetti. The top of the image features a horizontal gradient bar transitioning from yellow on the left to green in the middle and blue on the right.

# MAKE YOUR #SELFCAREPROMISE

## **Your commitment today is how we create a better tomorrow!**

Your promise will bring us one step closer to establishing self-care as a vital foundation of health and lead to better health outcomes for all. Without your promise, health systems will suffer.

---

The Global Self-Care Federation (GSCF) needs everyone onboard to ensure the well-being of individuals and communities around the world. Taking the first step in changing your daily habits may be challenging, but you

don't have to do it alone. By committing to embrace a specific self-care action, you will be joining a community of like-minded individuals who not only wish to improve their lives, but also the lives of others.

I promise to...

take medication only  
as prescribed.

#SelfCarePromise

INTERNATIONAL SELF-CARE DAY 24 JULY 2021



I HAVE PROMISED  
Self-care  
promise  
#SELF-CAREPROMISE 2021

I promise to...

read Patient Information Leaflets  
before taking medication.

PADMA  
Global Self-Care Federation

#SelfCarePromise

INTERNATIONAL SELF-CARE DAY 24 JULY 2021



I HAVE PROMISED  
Self-care  
promise  
#SELF-CAREPROMISE 2021



To make your **#SelfCarePromise**, simply fill in basic details about yourself in the **promise form**. On the same form, you will be able to detail the specific action you wish to commit to take.

After completing the **promise form**, you will be directed to our frame generator to create a social media card with your promise. You will be able to edit the card's text, add your own photo and download or share it on social media.

# Make your **#SelfCarePromise**

# PROMISE CHECKLIST

Fill basic details about yourself into the **Promise form**, add your **#SelfCarePromise** into the appropriate field, and **submit**

Create your social media postcard with a **personalized image** or text and **download** or share

1



Make your

Self-care  
promise

[selfcarepromise.org](http://selfcarepromise.org)

2



3



Spread the word and become a self-care advocate

Make as many promises as you want!