

HEALTHY BENEFITS

Summer Self-Care

SELECTPATH 

 NAVACORD®

INTERNATIONAL SELF-CARE DAY

On July 24th, Selectpath celebrates International Self-Care Day (ISD)!

Every year on July 24th, the International Self-Care Foundation (ISF) invites people around the world to recognize the importance of self-care not just as a daily practice, but as a lifelong commitment to health and well-being. The date, **07/24**, is symbolic: self-care has benefits 24 hours a day, 7 days a week. It's not a once-a-year event, but an everyday priority that supports individuals, communities, and the healthcare system at large.

Why Self-Care Matters

At its core, self-care empowers us to take control of our own health. It places individuals at the centre of their care journey, encouraging personal responsibility and informed decision-making. When we engage in self-care, we not only improve our own quality of life—we also help reduce the burden on healthcare providers, allowing them to focus on the services and treatments that only professionals can deliver.

Self-care comes in two main forms: **self-care actions** and **self-care interventions**.

Self-Care Actions

These are the habits, routines, and lifestyle choices that we can adopt to stay healthy and prevent illness. A few key examples include:

- Staying physically active is important and every movement counts. Regular physical activity supports heart health, boosts mental well-being, and strengthens muscles and bones. It even helps reduce symptoms of anxiety and depression while improving cognitive function.
- Eating a balanced diet that fuels both body and mind. Focus on variety such as whole grains, legumes, nuts, fruits, vegetables, and lean protein from animal or plant sources. Small, sustainable changes in your diet can have long-term health benefits.
- Caring for your mental health is just as important as efforts towards physical health. Some ways to nurture your mental well-being include maintaining a healthy lifestyle, spending time outdoors or in nature, connecting with loved ones, getting restful, quality sleep, managing stress and avoiding high-risk situations, and seeking support when mental health challenges arise.
- Reducing or quitting alcohol and tobacco use significantly lowers the risk of chronic disease and supports long-term health.

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What it means to be physically active:

Being physically active means moving your body regularly in ways that support your overall health. This can include walking, biking, swimming, gardening, or playing sports. The World Health Organization (WHO) recommends:

- **Adults & Older Adults:** 150–300 minutes of activity per week
- **Children & Adolescents:** 60 minutes per day
- **Pregnant & Postpartum Women:** At least 150 minutes per week
- Include **muscle-strengthening activities** 2+ days/week
- Older adults should also include **balance-enhancing activities** 3+ days/week
- More than 300 minutes per week brings even greater benefits

Every bit of movement makes a difference.

Self-Care Interventions

These are the tools, technologies, and treatments that support individuals in caring for themselves. They include:

- Quality medications
- Health devices
- Diagnostic tests
- Digital tools and apps for health tracking and information

With continued innovation, more self-care interventions are becoming accessible, giving people greater autonomy and support in managing their health.

Building a Culture of Self-Care

Self-care isn't selfish. It's essential. By embracing it in our daily lives, we contribute to a culture that prioritizes health, reduces preventable illness, and fosters resilience across communities. As we celebrate **Self-Care Day on July 24**, let's take a moment to reflect on the small steps we can take each day to lead longer, healthier, and more empowered lives.

