REBUILD GENERAL PRACTICE

# SELF-CARE AND MINOR AILMENTS

Self-care is all about finding ways to improve your physical and mental health and wellbeing. This includes staying active, knowing how to prevent falls, checking your medication/stocking your medicine cabinet and knowing how to treat common illnesses and ailments yourself. All of these are little things we can do to prevent health and wellbeing issues getting to the point of needing medical help.

A lot of unnecessary appointments in General Practice/Urgent Care Centres and A&E can be avoided if we take the time to ensure we look after wellbeing as a whole and are more aware of self-care in minor conditions.

Further information can be found in the links below:

<https://www.cheshireandmerseyside.nhs.uk/your-health/helping-you-stay-well/self-care/>

<https://www.nhs.uk/mental-health/self-help/>

<https://www.nhs.uk/live-well/>