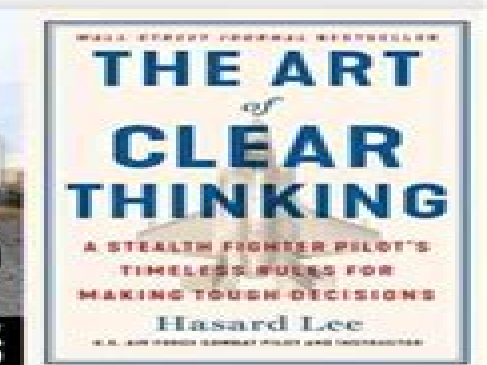
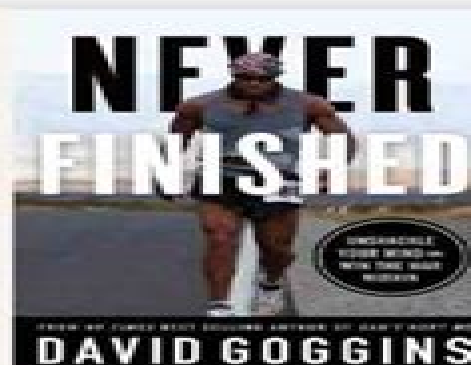
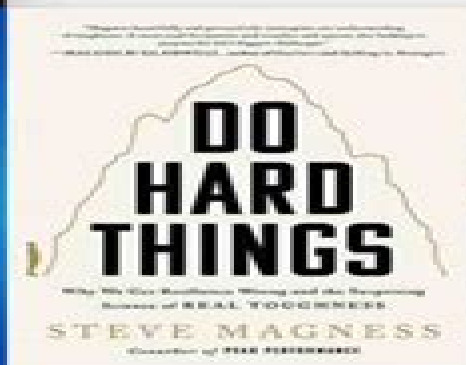
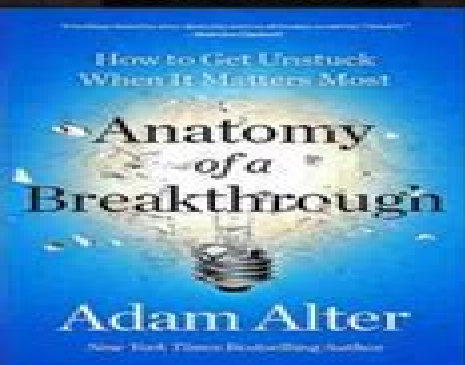
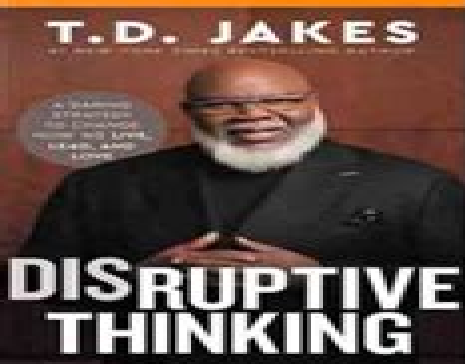
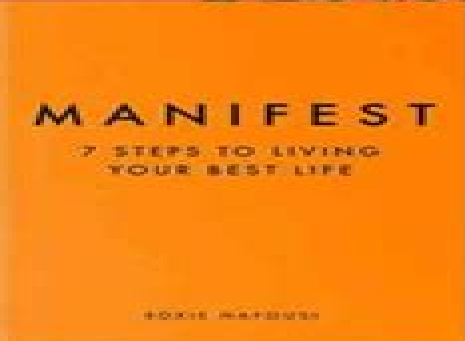
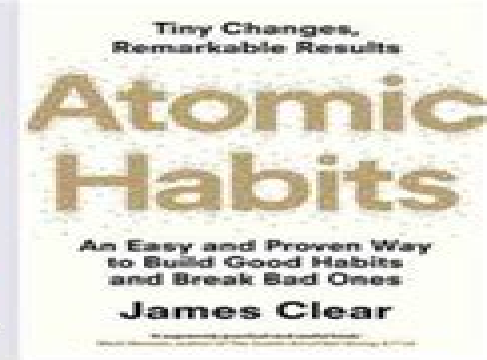
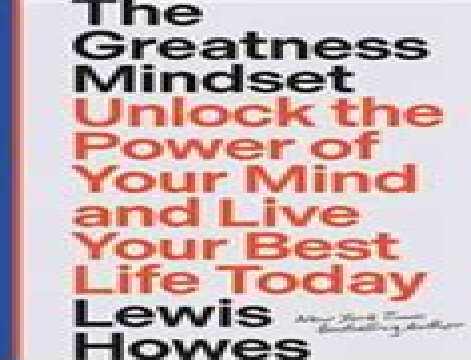




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self-care interventions for health and well-being World Health Organization, 2024-07-17 Self care interventions including for sexual and reproductive health and rights are among the most promising new approaches to improving health and well being both from a health systems perspective and for the users of these interventions Self care interventions should be an adjunct to rather than a replacement for direct interaction with the health system These interventions are increasingly being acknowledged in global initiatives including to advance primary health care PHC and universal health coverage UHC When they are accessible available acceptable and affordable quality self care interventions hold the promise of advancing the attainment of UHC Building upon the latest WHO recommendations and good practice statements this implementation guidance includes key considerations to support the introduction and scale up of self care interventions in countries In implementing the global recommendations on self care interventions for health and well being countries will need to adapt them to the local context considering the economic conditions and the existing health services and facilities This guidance is intended to assist with that process and requires interaction with all health systems building blocks to ultimately improve national health systems in terms of efficiency responsiveness more equitable health outcomes and social and financial risk protection This guidance is relevant for all settings and should therefore be considered as global guidance **Prioritising**

Wellbeing and Self-Care in Higher Education Narelle Lemon, 2024-07-11 This book illuminates international voices of those who feel empowered to do things differently in higher education providing inspiration to those who are seeking guidance reassurance or a beacon of hope Doing things differently comes with an awareness and curiosity to explore what can be Increasingly more and more professionals in higher education are choosing themselves happiness families relationships kindness and compassion over arbitrary notions of institutional prestige continuous pressure to overwork and competitiveness with others The chapters in this book do more than highlight flaws in the system they call for proactive engagement in interrupting and reimagining what is broken The authors share their own experiences as a way of encouraging readers to take small steps towards self care to notice their surroundings and to embrace change as an empowering tool The focus is on becoming the change we aspire to see with a collective readiness to instigate positive transformations Sharing ambitious ideas to encourage change this book is a valuable resource for those seeking to enhance their self care and wellbeing in the higher education context and for those seeking to engage with others in support of these efforts

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