

## Self-Care Week Europe 2019 - themes and SoMe (LinkedIn / Twitter)

| November  | 18  | 19   | 20   | 21   | 22  | 23   | 24  |
|---|---|--|--|--|---|--|---|
|   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   | Sunday  |
| <b>Theme</b>  | Hygiene & Vaccination   | Food & Nutrition   | Empowerment & Health Literacy  | Economy of Wellbeing & Workplaces  | Community & Inclusion   | Exercise, Body & Livability  | Sleep & Mental Health   |
| <b>Twitter-tags</b><br><br>#selfcare<br>#selfcareforlife<br>#scwe2019   | #eaad<br>#antibiotic<br>#amr<br>#ecdc<br>#vaccination   | #foodsafety<br>#handhygiene  | #empowerment<br>#healthliteracy  | #EU_Health<br>#EU2019FI  | #communities<br>#socialcities   | #letsbeactive<br>#movember   | #mentalhealth   |
| <b>Suggested posts</b><br><br><b>General (before) – with banner or own logo</b><br>“Proud to contribute to #selfcareweek Nov 18-24. Read more about tools and events <a href="http://www.scie.eu/scwe">www.scie.eu/scwe</a> - care to join us?” | It's Self-Care Week; today about <a href="#">#hygiene</a> & <a href="#">#vaccination</a> . <a href="#">#DYK</a> that those two <a href="#">#selfcare</a> tools are vital to stop antibiotic resistance? Read more about <a href="#">#amr @EAAD_EU</a> or <a href="#">#selfcareweek @SelfCareWeekEU</a> - join & share!<br><br><a href="#">#scwe2019</a> | Every day Europeans eat. And every day food gives you challenges in <a href="#">#foodsafety</a> and <a href="#">#health</a> . Find tips to help you <a href="#">#selfcare</a> and navigate <a href="#">@Safe_Consume</a> or <a href="#">@SelfCareWeekEU</a><br><br><a href="#">#scwe2019</a> | Can you speak health? Many people struggle with terms and actions. Self-Care Week works for <a href="#">#empowerment</a> and better <a href="#">#healthliteracy</a> – read more <a href="#">@SelfCareWeekEU</a> or <a href="#">@HL_Europe_net</a><br><br><a href="#">#scwe2019</a> | Health and healthcare includes <a href="#">#selfcare</a> . At home or at work your wellbeing are literally core to life & economy. Read more about how workplaces can play stronger part <a href="#">@EU_CHRODISplus</a> – and how <a href="#">#selfcare</a> plays part too.<br><a href="#">@SelfCareWeekEU</a><br><br><a href="#">#scwe2019</a> | Does it take a village? <a href="#">#selfcare</a> def need your <a href="#">#community</a> too – and vice versa. Find tools to integrate health, social, wellbeing, and community <a href="#">@CEmPaC_EU</a> and <a href="#">@IFHP</a><br><br><a href="#">#scwe2019</a> | Weekend fun? Make time to get a few steps in – or maybe dancing? Make your moves fun; and perhaps explore your city too? Being social is part of <a href="#">#selfcare</a> – but may need help from good planning – read more <a href="#">@IFHP</a> .<br><br><a href="#">#scwe2019</a> | Sleeping Sunday – well remember to use this tools every day; it helps your body & brain. You can do more than sleep though – find ways to care for your <a href="#">#mentalhealth</a> every day <a href="#">@AFNCCF</a> ; and best of luck to make Sunday last a lifetime of <a href="#">#selfcare</a><br><br><a href="#">#scwe2019</a> |
| <b>Supplementary links/tools/sites/tags</b>   | <a href="#">ECDC</a>  | <a href="#">SafeConsume</a>  | <a href="#">Health Literacy Handbook</a>   | <a href="#">CHRODIS+ Employment</a>  | <a href="#">CEmPaC</a>  | <a href="#">IFHP – Social Cities</a>   | <a href="#">Anna Freud</a>  |
| <b>Suggested graphics/video</b>   | Action poster on vaccination or handwash  | Action poster on food safety – or oral hygiene   | Awareness poster on community  | Awareness poster on worklife balance   | Action poster on communities – or worklife balance  | Action poster on movement  | Action poster on mental health – or sleep   |
| <b>Video if preferred/possible</b>  |   | <a href="#">SafeConsume animation</a> – or <a href="#">video created by Nebih, Hungary</a>   | <a href="#">EMHF video</a>   | <a href="#">Nordic Health 2030-video</a>   |   | <a href="#">IFHP-video</a>   |   |

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| <b>Awareness Days</b><br><i>Mens Health</i><br><i>Awareness Month</i> | European<br>Antibiotic<br>Awareness Day  | World Toilet Day<br>International Men's<br>Day   | Universal<br>Children's Day   | Carers Rights Day<br>World COPD<br>Awareness Day                                |   |   |  |
| <b>Other events</b>   | <a href="#"><u>International<br/>Conference on<br/>Food Technology,<br/>Food Safety &amp;<br/>Nutrition, Milan</u></a> | <a href="#"><u>International<br/>Conference on<br/>Food Technology,<br/>Food Safety &amp;<br/>Nutrition, Milan</u></a> | <a href="#"><u>European Public<br/>Health<br/>Conference,<br/>Marseille</u></a> | <a href="#"><u>European Public<br/>Health<br/>Conference,<br/>Marseille</u></a> | <a href="#"><u>European Public<br/>Health<br/>Conference,<br/>Marseille</u></a> | <a href="#"><u>European Public<br/>Health<br/>Conference,<br/>Marseille</u></a> |  |
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