

# Limit alcohol



#SCWEU2018 #SelfCare4Life

# SCwE

**Self-Care Week Europe**

12 - 18 November 2018

**Self-Care for Life**

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# Choose colors in your diet



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## SCwE

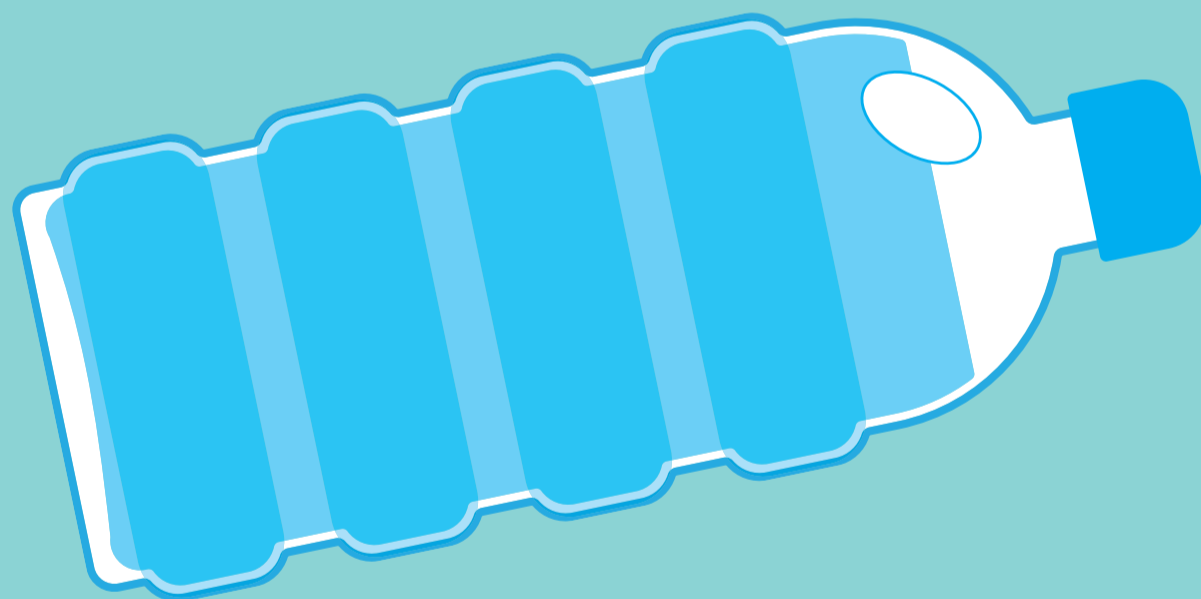
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**Drink**  
**water**  
every day



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**SCwE**

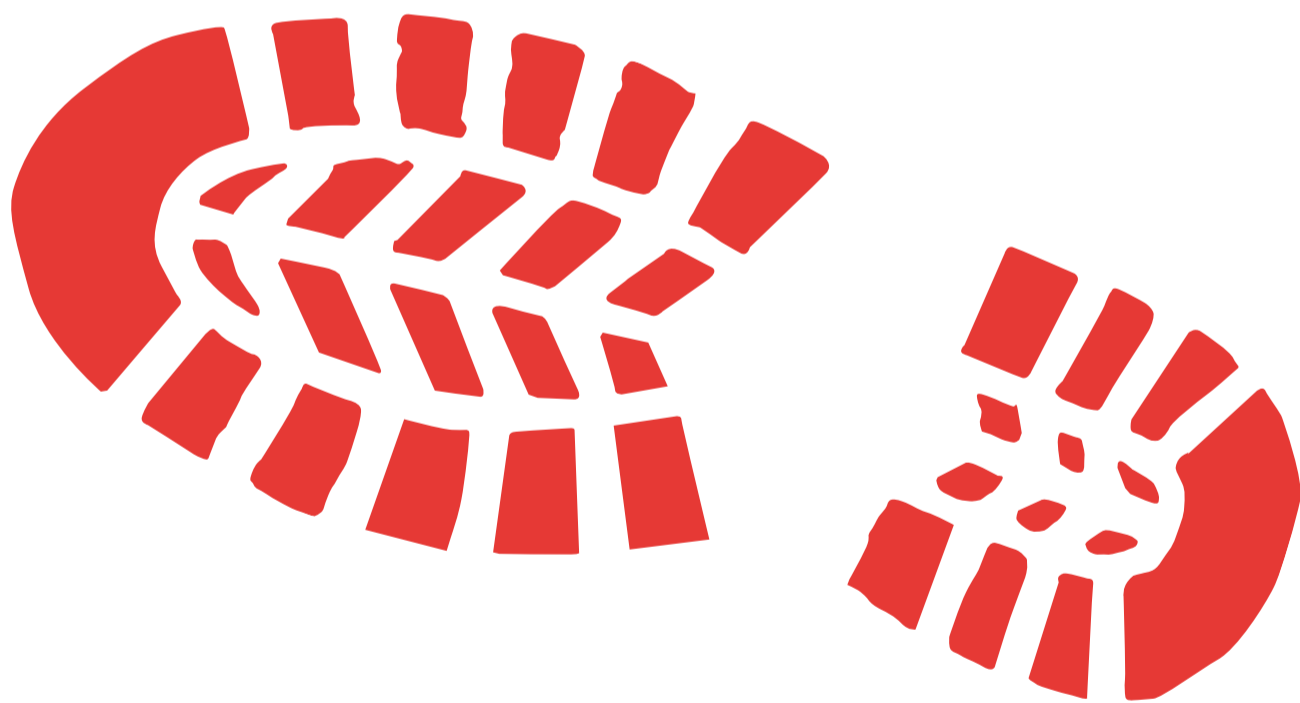
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Take  
daily walk  
in fresh air



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Stay off  
screens  
before  
sleep



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Use  
**tranquility**  
30 seconds  
of **silence**  
can make a  
**difference**



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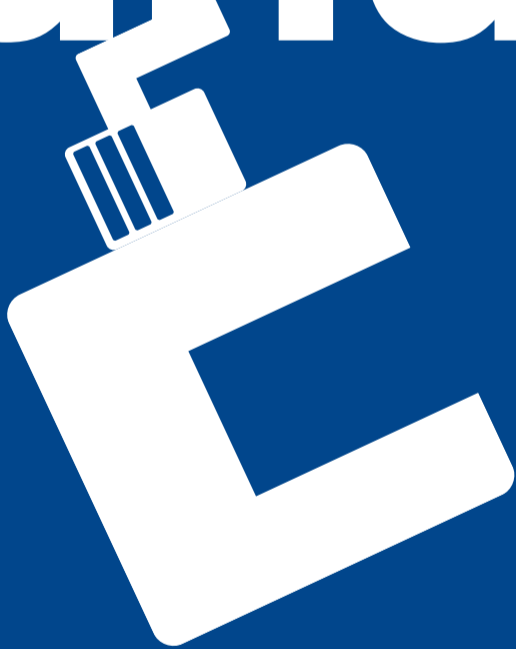
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Use soap  
when you  
wash  
hands



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Sneeze  
or cough  
in your  
elbow



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# Get your flu shot



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Use  
patience  
not  
antibiotics



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# Study your symptoms



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Remember  
to  
**self-exam**



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