

Public Service Announcement

International Self-Care Day

Start Date: July 24, 2026

End Date: July 24, 2026

Nunavut-wide

75 sec

July 24 marks International Self-Care Day. The Department of Health wants to remind Nunavummiut of the importance of self-care in maintaining health and of its importance to the health of Canadians and the healthcare system.

Self-care is the lifelong habit of individuals managing their own health based on available knowledge and information. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed.

Whether exercising, eating well, quitting smoking or alcohol, or spending time on the land with family, self-care encompasses what we all do to stay healthy.

Practise self-care through activities such as:

- Walking out on the land.
- Fishing or hunting.
- Indulging in personal care.
- Taking time to rest.
- Crafting, such as sewing or knitting.
- Creating art, such as drawing or carving.
- Spending time with those that bring you joy.
- Cooking and eating healthy foods.
- Watching a movie.
- Listening to music you enjoy.

If you or someone you know is struggling, always remember that you are not alone. It is okay to ask for help. Talk to a friend, family member, Elder or contact your local health centre for support.

For mental health resources, visit the <https://www.gov.nu.ca/en/health/mental-health-resources>. For more information visit: <https://selfcare.ca/self-awareness/>

###

Media Contact:

Charmaine Deogracias
Manager of Communications
Department of Health
867-975-5712
cdeogracias@gov.nu.ca

ᑭᐅᑦᑎᑦᑎᑦᑎᑦ ᑦᑎᑦᑎᑦᑎᑦ ᑦᑎᑦᑎᑦᑎᑦ ᑦᑎᑦᑎᑦᑎᑦ ᑦᑎᑦᑎᑦᑎᑦ ᑦᑎᑦᑎᑦᑎᑦ ᑦᑎᑦᑎᑦᑎᑦ www.gov.nu.ca.
Public Service Announcements are available in Inuktitut, English, Inuinnaqtun and French on www.gov.nu.ca.
Kavamatkunnin Tuhaqtitaujukhat halihimajun Inuktitut, Qablunaatun, Inuinnaqtun Uluittullu uvani www.gov.nu.ca.
Les messages d'intérêt public sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au www.gov.nu.ca.

Communications