

INTERNATIONAL SELF-CARE FOUNDATION AND SELFCARE JOURNAL PRIZE ESSAY COMPETITION 2015

Announcing the launch of this annual competition and prize for the best original essay that furthers the practice or understanding of self-care and healthy lifestyles.

The objective of the prize essay is to encourage the development and raise the profile of the subject of self-care. The winning essay(s) will be published as a citable paper in *SelfCare*. *

**subject to the usual editorial review considerations*



HOW TO ENTER

Essays focusing on one of two topics are invited. The first topic proposed is: **Self-care and behaviour change**. The second topic poses the question: **How should healthcare systems encourage people to adopt healthier lifestyles?** Both of these topics are, of course, important for the further development of self-care around the world.

Essays should be in the 3000 – 5000 word range, and in English. The value of the prize will be £1500 for the winner, and £750 for up to two runners-up. The winners will also receive a prize certificate awarded by ISF and the SelfCare journal.

The essay entry period will run from today until the 31st January 2016. The winners and all entrants will be notified in February 2016, with publication scheduled for early 2016. Further details of the competition may be viewed on the ISF global website www.isfglobal.org.

We look forward to receiving and sharing essays that advance the practice and understanding of self-care. Essays should be submitted by email to: editor@selfcarejournal.com.