

**INTERNATIONAL SELF-CARE FOUNDATION  
AND SELFCARE JOURNAL  
PRIZE ESSAY COMPETITION 2016**

Announcing the second year 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 four topics are invited.

- 1: Supporting self-care in Cities.**
- 2: Self-Care in the Digital Era.**
- 3: Mobile health Apps and self-care - what's the evidence that they facilitate self-care?**
- 4: Gaps in health care for the underserved - what self-care strategies can help?**

All 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 submitted in English. Students are welcome to use a faculty mentor, who should be named in the submission. Student teams are permitted, all members should be named on the submission, and if the submission wins, the prize money shared equally. 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 1 November 2016 until 28 February 2017. The winners and all entrants will be notified in March 2017, with publication scheduled for early 2017. Further details of the competition may be viewed on the ISF global website [www.isfglobal.org](http://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](mailto:editor@selfcarejournal.com).