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Hello, and welcome to a special issue of MSK News!

We've brought this issue forward a week so we can bring you info and resources in time for International Self-Care Day on Sunday 24 July.

We're passionate advocates for self-care. We believe we should all be active participants when it comes to managing our health and wellbeing. Whether you have a chronic illness or not, doing things that support good health is vital.

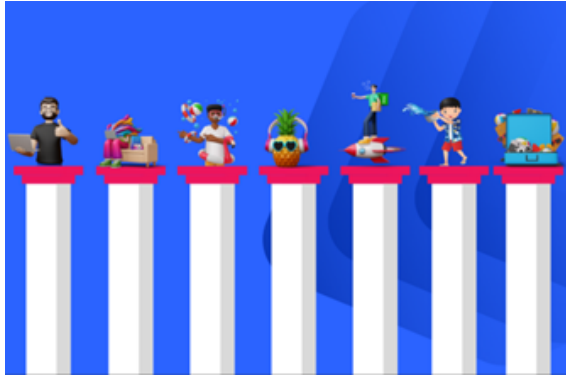
But we also know that people need support to practise self-care. It isn't just the responsibility of the individual. It's a partnership between health professionals, government, families, communities and organisations (like MSK) who work together to support people to manage their health.

So, in this issue, we look at the [seven pillars of self-care](#): what they are and how you can use them. We've got [self-care tips](#) from people living with musculoskeletal conditions, and we explore ways to [find your 'happy'](#) in year 3 of a global pandemic. We also have information about our upcoming free online lecture – [“Working Wise: Managing your musculoskeletal conditions and work”](#). You don't want to miss this!

As always we have some very [tasty recipes](#) from our volunteers: [Lauren's vegetable lasagne](#) and [Kitty's corn fritters](#). Yum!

Enjoy reading MSK News, and have a wonderful week.

Rob Anderson, CEO



7 things to know about self-care

The International Self-Care Foundation has developed a framework for self-care around seven 'pillars'. [We take a look at each of them](#) and how they're relevant for musculoskeletal conditions.



Got shoulder pain?

Then you need to join us online for our free webinar on 9 August. Dr Sarah Walmsley will outline common shoulder problems and discuss current management approaches. [Register now!](#)



Are you our next early bird winner?

What's better than one chance to win? TWO! Buy your ticket before 11.59pm AEST 3 August 2022 and you'll be entered into the BONUS \$10k Ultimate Gift Card for Home Early Bird draw. PLUS you'll also be in the draw for the \$250k first prize pack. [Buy your \\$10 ticket today!](#) **Every ticket sold helps us support people with musculoskeletal conditions get help when they need it most.*



Working Wise: Free community lecture

If you're currently working, have a



Self-care tips

Looking for ways to put more 'care' into your self-care game? [We've got 21 tips – big and](#)

musculoskeletal condition and are having difficulty managing the two, [join us online on 7 September](#). Our presenters will provide tips, strategies, and resources to help you manage your symptoms, stay at work, change jobs, understand your rights and more.

[small](#) - from our volunteers and staff to help you!

Vegetable Lasagne

Looking for something hearty and healthy for dinner? Look no further! Lauren says that preparing comforting meals that can be made in a big batch for the week ahead is her idea of self-care. Enjoy her [healthy, vegetarian take on lasagne!](#)



Embracing happiness

Feeling a bit meh? Us too! [Here are some of the things](#) we've been doing lately that make us fulfilled and satisfied, that feed our curiosity and creativity, and in the end make us happy.



Your self-care toolkit!

We've got everything you need to make life easier. [Visit the MSK Shop](#) for a wide range of aids and equipment to keep you moving through life. Shop today!

Corn Fritters



Kitty's [corn fritters](#) are a tasty treat. Crispy on the outside with a soft and tender inside, they're easy to make and full of flavour! Enjoy them as a snack, a side dish or serve with salad or veg as a main dish.

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