



The History of Self-care

[Self-care Culture](#): This first link reviews the history of self-care as a movement that largely began with women and people of color. It briefly details key concerns, how the movement evolved, and its current incarnation. Importantly, it does not end with the idea that we should completely abandon the idea of prioritizing our well-being; in fact, it says that such a focus is “long overdue.” It does encourage that we be aware of how self-care is promoted and to think critically about a) the messages we receive, and b) the practices and how they are “packaged.”

[Self-care is about status](#): This article further highlights the consumerism that has overtaken the goal of self-care. The final point that the real care we need is often abstract or basic behavior change is important. Humans were capable of being well long before self-care culture developed and we only need to make minor but continual changes to our mental and behavior habits to build back wellness into our lives.

[Op-ed: Self-care in college](#): This is a brief op-ed piece about how self-care has been specifically marketed on college campuses.

If you like academic articles, here is a reference list of relevant articles to read through. You can find the articles themselves linked on our website.

Bhuyan, K. K. (2004). Health promotion through self-care and community participation: elements of a proposed programme in the developing countries. *BMC public health*, 4(1), 1-12.

Levin, L. S., & Idler, E. L. (1983). Self-care in health. *Annual review of public health*, 4(1), 181-201.

Lorig, K. R., & Holman, H. R. (2003). Self-management education: history, definition, outcomes, and mechanisms. *Annals of behavioral medicine*, 26(1), 1-7.