MENTAL HEALTH IRELAND
Mental Health Ireland is a national voluntary organisation. Our aim is to promote positive mental health and wellbeing to all individuals and communities in Ireland. Through our network of Mental Health Associations, we support people who experience mental health difficulties on their journey of recovery.

For an A-Z on mental health please visit www.mentalhealthireland.ie

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TEXT MHI TO 50300 TO DONATE €4 TO MENTAL HEALTH IRELAND

Text costs €4. MHI will receive a minimum of €3.25. Service Provider: LIKECHARITY’s Helpline is 076 6805278.

www.mentalhealthireland.ie
THE FIVE WAYS TO WELLBEING ARE SIMPLE ACTIONS YOU CAN DO IN YOUR EVERYDAY LIFE TO FEEL GOOD AND FUNCTION WELL...

CONNECT
MAKE TIME EACH DAY TO CONNECT. SMILE, YOU MIGHT GET A SMILE BACK.
CONNECT WITH THE PEOPLE AROUND YOU.
With family, friends, colleagues and neighbours.
At home, work, school or in your local community. By staying connected and nurturing these relationships we feel happier and more secure, giving a better sense of purpose.

BE ACTIVE
BRING ACTIVITY INTO THE EVERYDAY = TAKE THE STAIRS, GET OFF ONE STOP EARLY OR GO FOR A TEN MINUTE WALK.
GO FOR A WALK OR A RUN.
Discover a physical activity you enjoy and suits your lifestyle and level of mobility and fitness. Scientists confirm physical activity can help maintain wellbeing and good mental health.

TAKE NOTICE
BE AWARE OF THE WORLD AROUND YOU AND WHAT YOU ARE FEELING.
BE CURIOUS.
Catch sight of the beautiful. Notice the changing seasons. Savour the moment whether you are walking to work, eating lunch or talking to friends. Notice how you are feeling and thinking.

KEEP LEARNING
TRY SOMETHING NEW LIKE YOGA, SUDOKU, MEDITATION, COOKING OR LEARNING A NEW LANGUAGE.
TRY SOMETHING NEW.
Rediscover an old interest. Sign up for that course. Take on a new responsibility. Setting yourself a new challenge and learning new skills will make you more confident as well as being great fun.

GIVE
GIVING TO OTHERS IS GOOD FOR YOU.
DO SOMETHING NICE FOR SOMEONE ELSE.
Thank someone. Volunteer your time or join a community group. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and create connectedness with the people around you.

‘The Five Ways to Wellbeing’ (NEF, 2008)