



North Tipperary Mental Health Week



North Tipperary Mental Health Week is a week set aside to remind us to continue to take care of our Mental Health. During the week there will be events, classes and signposts to us all to safeguard, protect and nourish our mental health. More about these elements later!!



This pack is designed to support you both as an individual and as part of group or organisation to reflect and be grateful for what we have in our lives. Our support networks of the people who are important to us, places we are most content in or just things that make us want to say Thank You because it helps me!. No explanations required! Just to create a feeling of gratitude which in turn provides positive healthy thoughts and wellbeing for us.

As part of this, you are all invited to create a “Gratitude Tree” either just for you, or to have a gathering of Gratitude within your home, workplace, school, organisation and to take some time to say Thank You!

We have included simple ways to achieve this and how by completing this task it collectively generates “Good Vibes”!!

“SNAP” PACK

Easy, Accessible tool kit for supporting our Mental Health wherever we find ourselves, be it at Home/Work/School...



STOP:

Pause . . . Take a moment!!



NOTICE:

Someone or Somewhere you feel grateful for a person, a place . . .



APPRECIATE:

Savour that feeling of gratitude as you appreciate whatever or whoever it is that you have noticed in your mind



PROCEED:

Go back to whatever you were previously doing – hopefully feeling a little more present, grateful and at ease.



INDIVIDUAL GRATITUDE TREE



YOU WILL NEED:

A SMALL PLASTIC TUMBLER

A HANDFUL OF DECORATIVE STONE

A PIECE OF OASIS

LEAF SHAPES

A SMALL BRANCH

PLACE THE OASIS IN THE CENTRE OF THE TUMBLER

STAND THE BRANCH UPRIGHT

FILL WITH DECORATIVE STONE

INVITE EACH INDIVIDUAL TO WRITE SOMETHING, SOMEONE OR SOMEWHERE THEY ARE THANKFUL FOR IN THEIR LIVES ON A LEAF AND PLACE THE LEAF ON THE TREE

IN THE HOME, INVITE OTHER FAMILY MEMBERS TO ADD A LEAF TO THE TREE



WHEN WE ARE THANKFUL FOR ALL THAT IS GOOD IN OUR LIVES, WE FEEL HAPPY

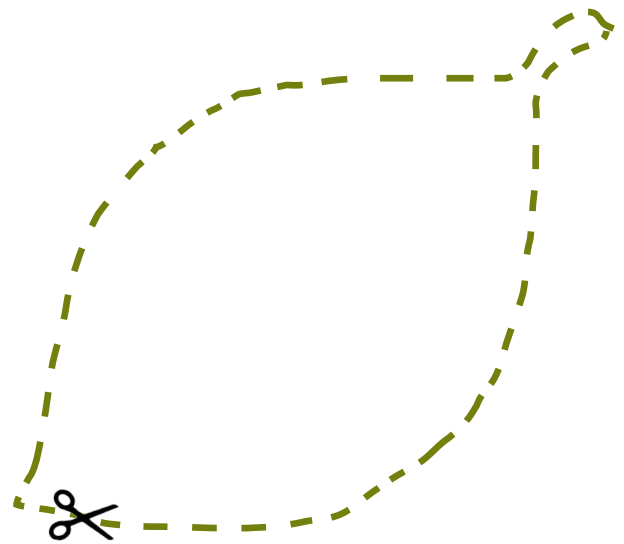
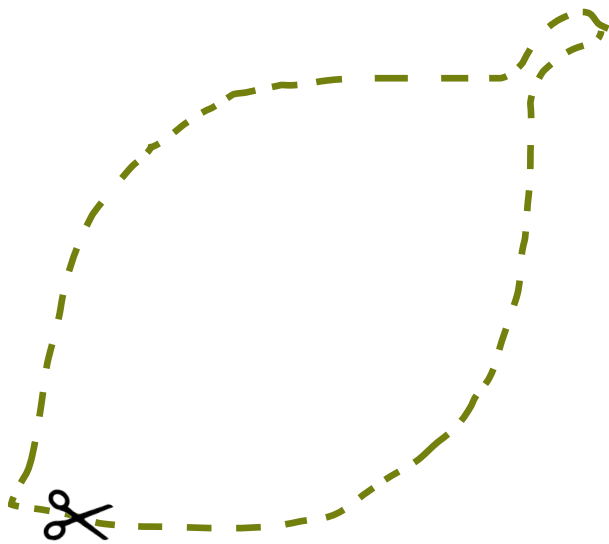
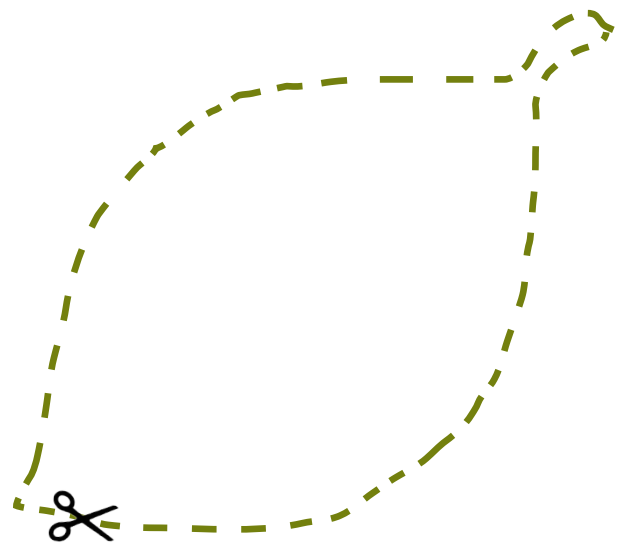
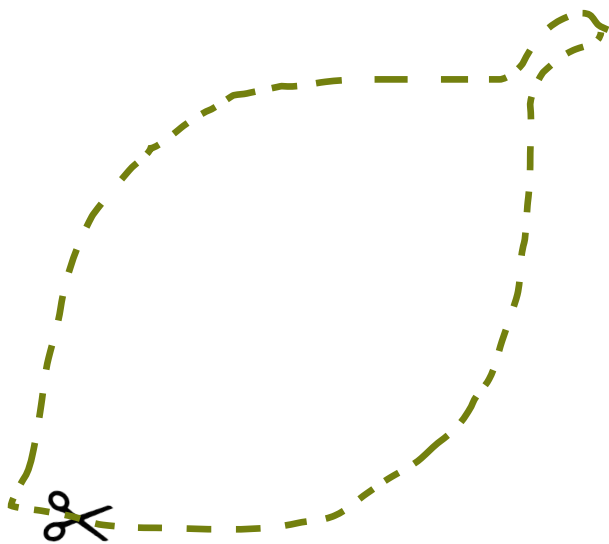
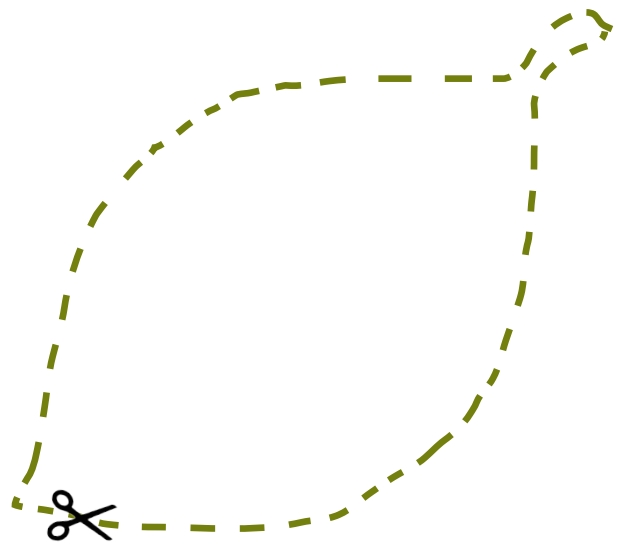
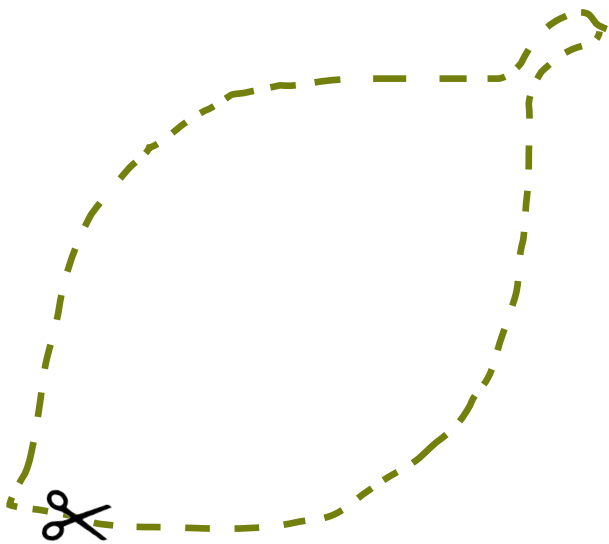
GROUP GRATITUDE TREE

Draw or create a blank tree/Use a tree in the Garden





LEAVES TO CUT OUT AND COLOUR AND PLACE ON YOUR FAMILY/GROUP TREE



Feeling Overwhelmed



The acronym RAIN is easy to remember and useful to practice when you feel overwhelmed

Follow these simple steps

R - recognise what is hear – what am I feeling?

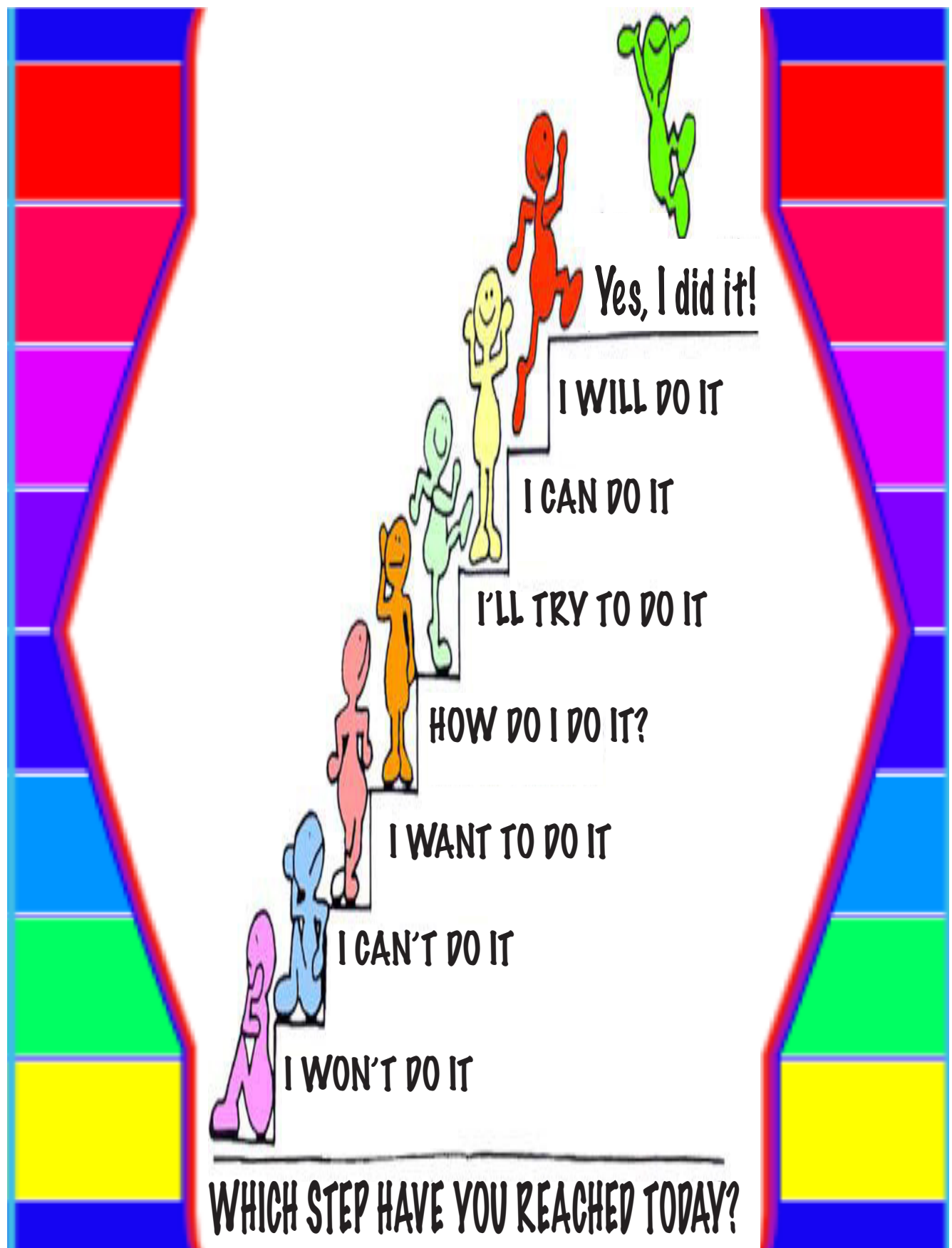
A - allow – it's okay to feel like this

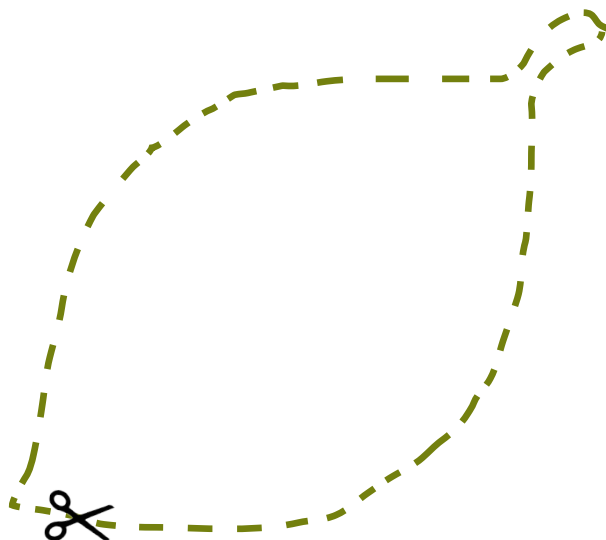
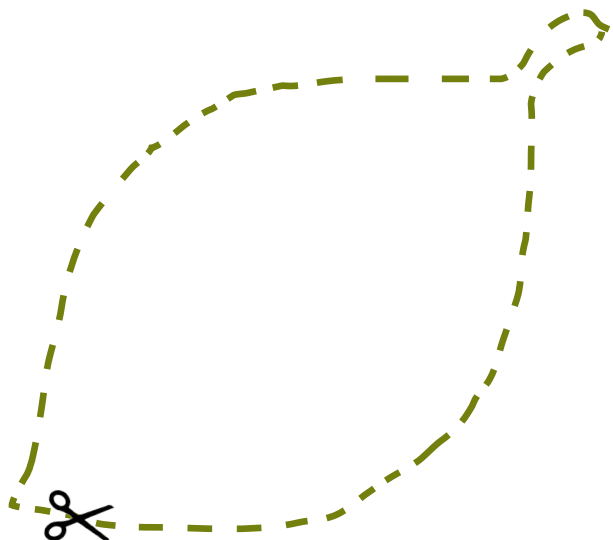
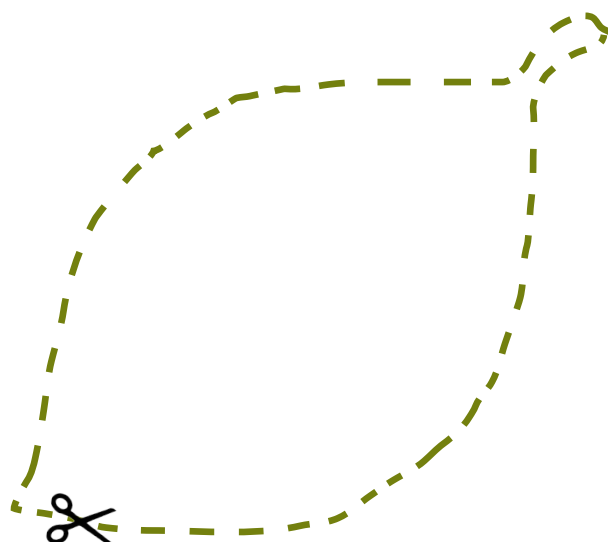
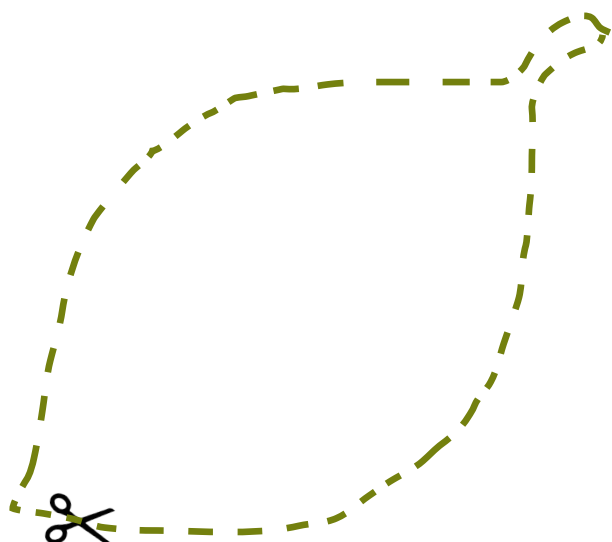
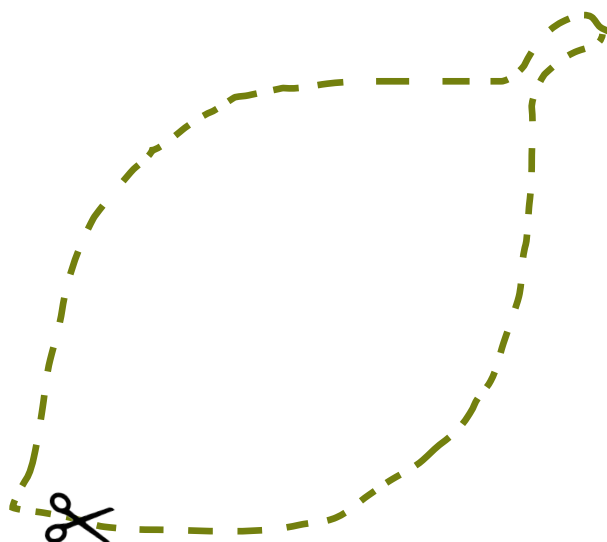
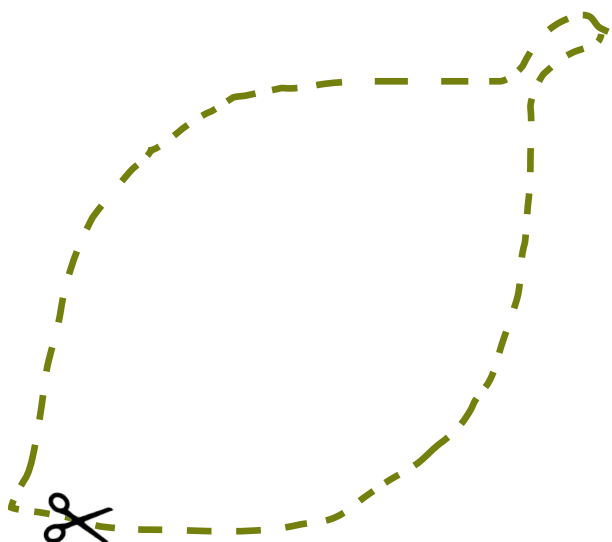
I - investigate – are my shoulders tense?, is my stomach tight?

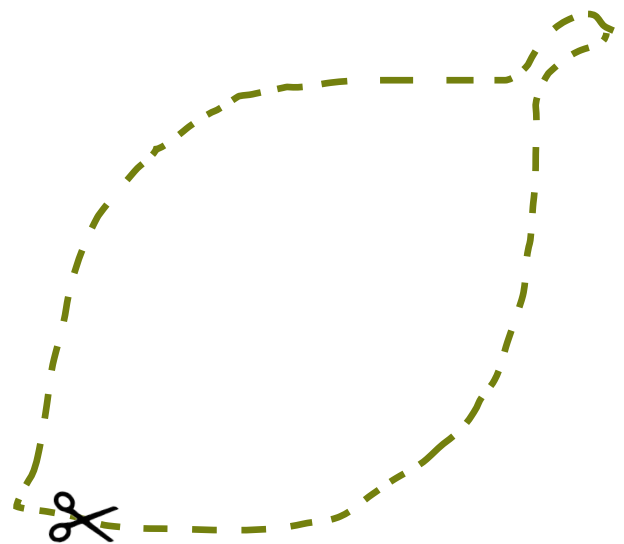
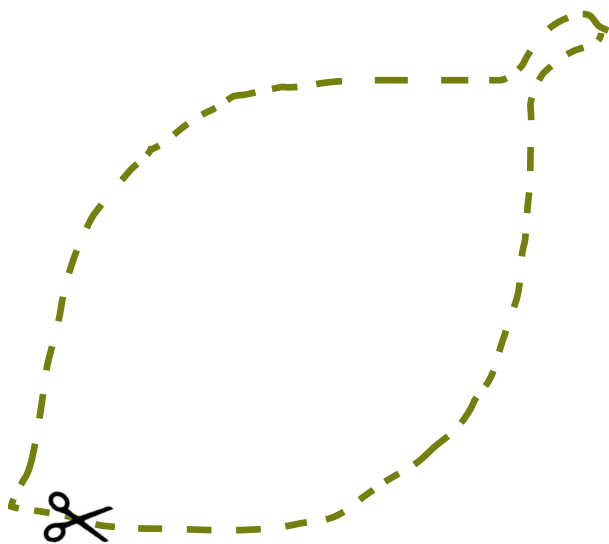
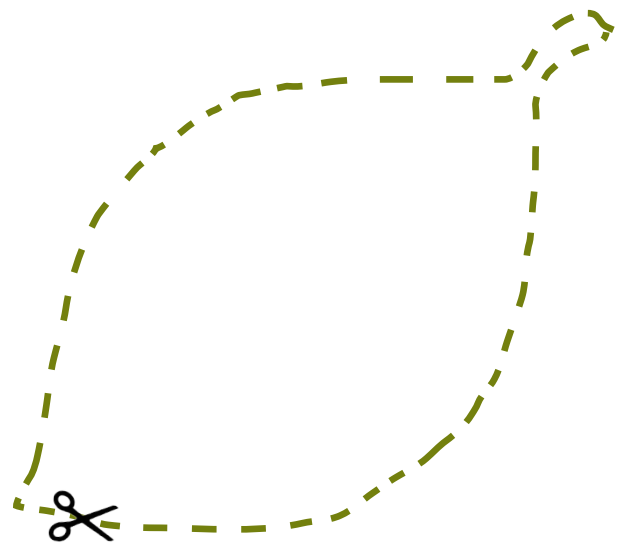
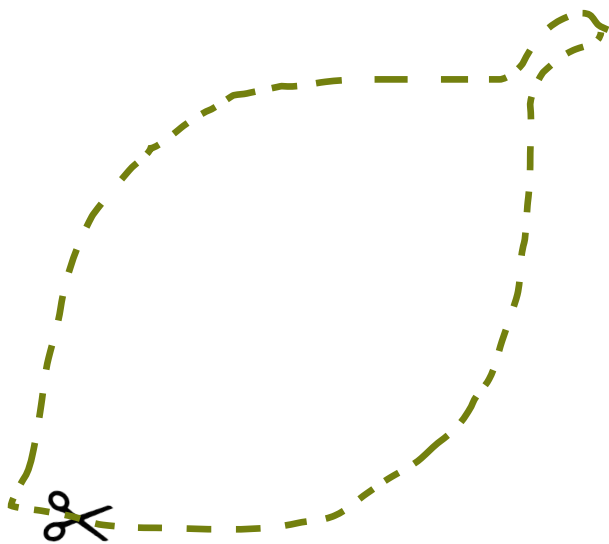
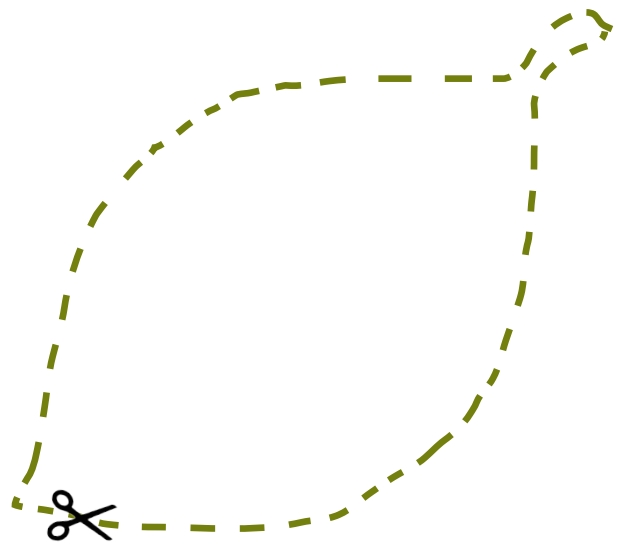
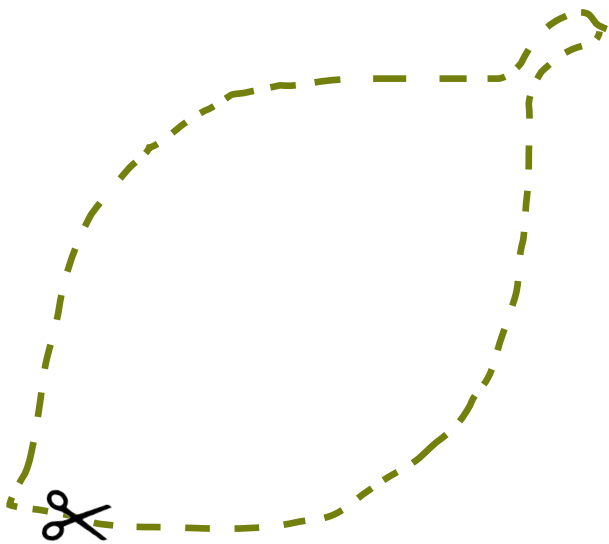
N - nurture – what is best for me right now?

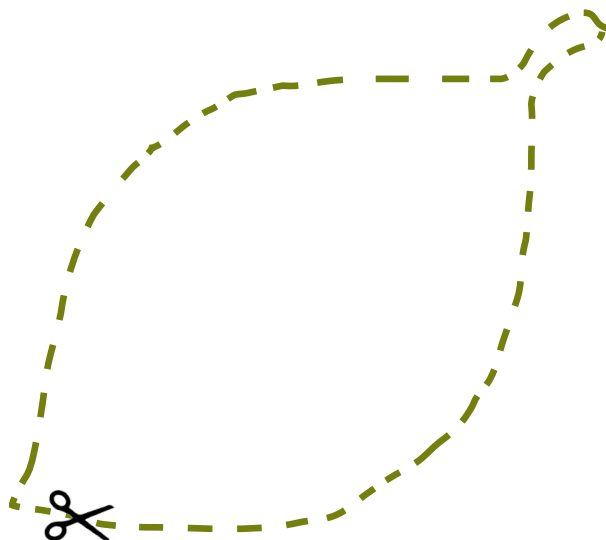
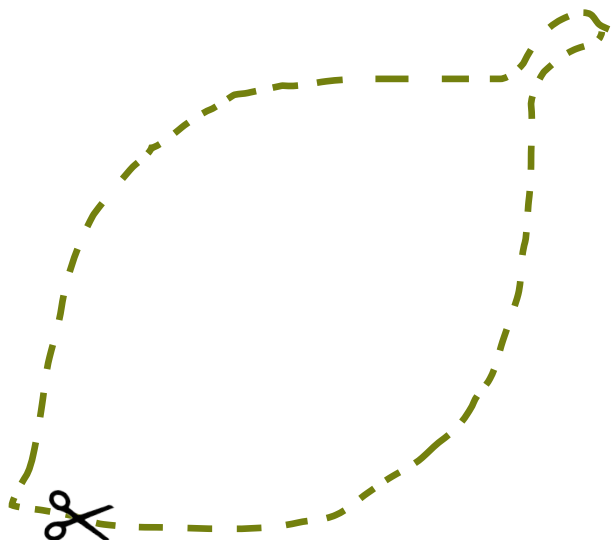
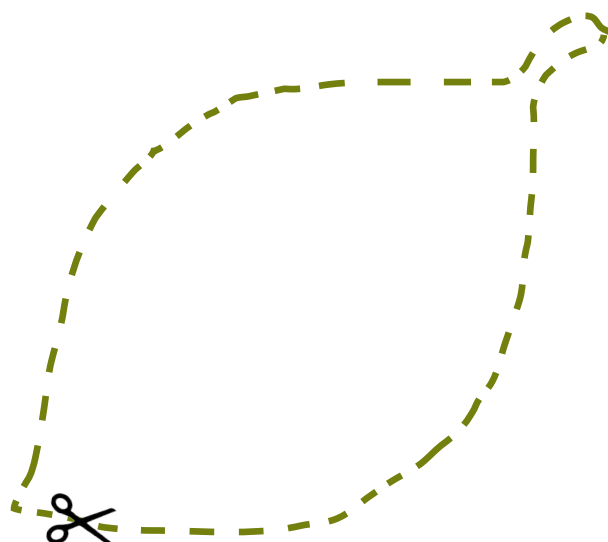
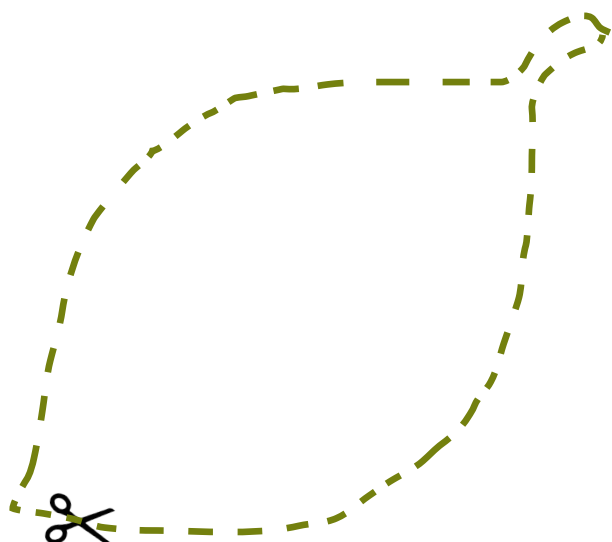
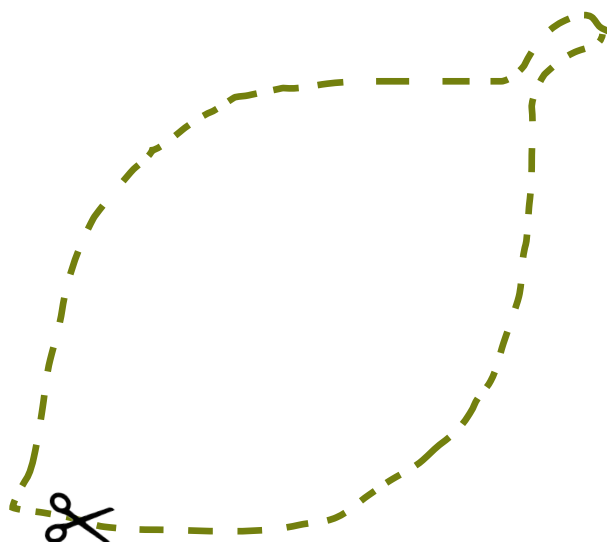
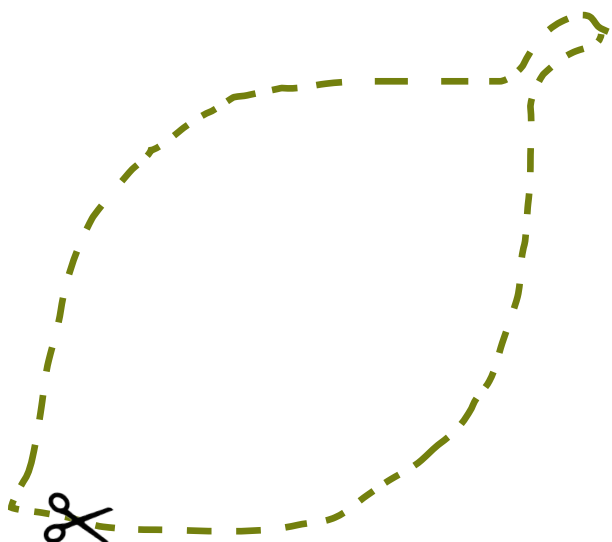
ALWAYS EXERCISE SELF- CARE, BE A GOOD FRIEND TO YOU!!

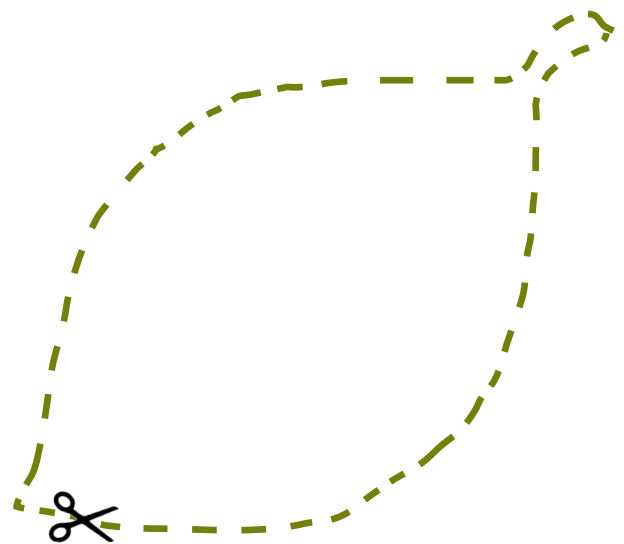
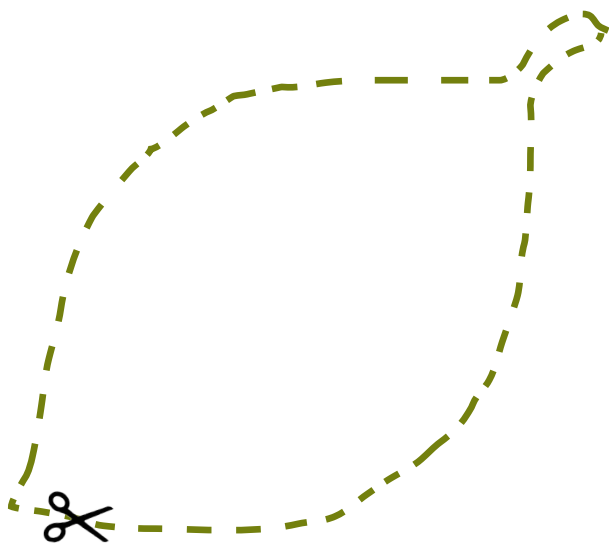
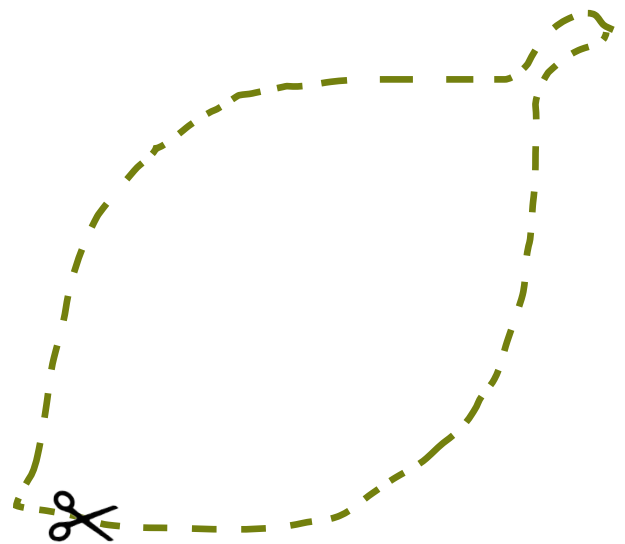
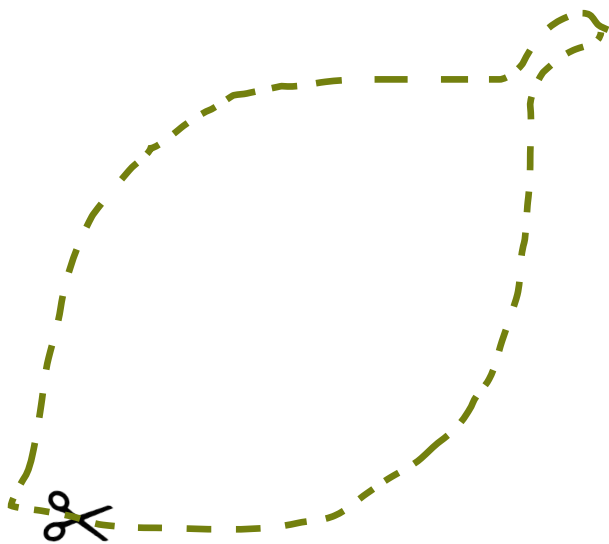
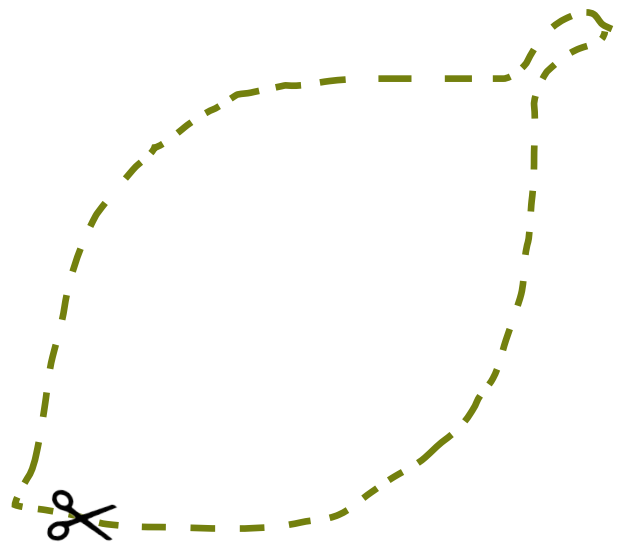
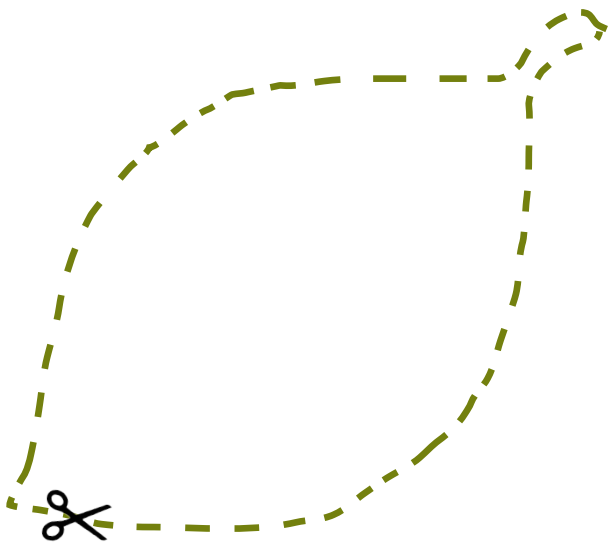
WHICH STEP HAVE YOU REACHED TODAY?

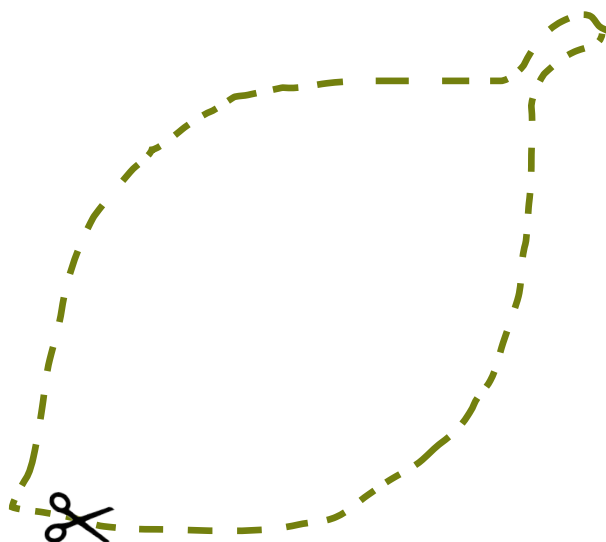
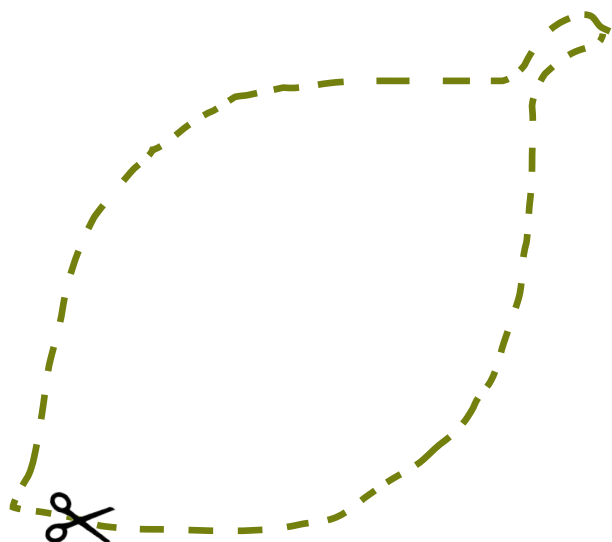
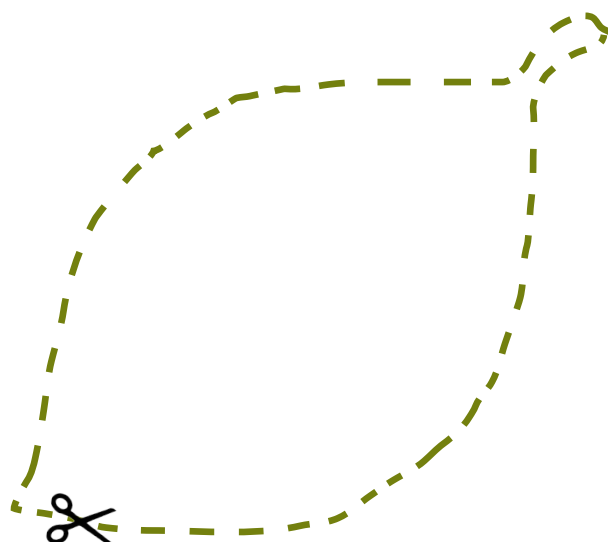
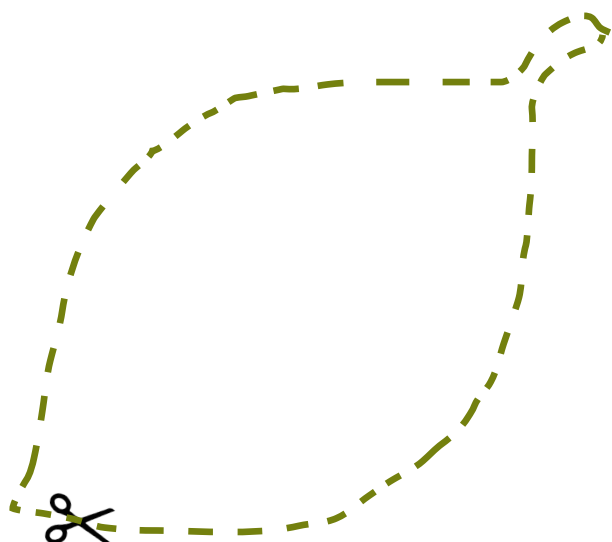
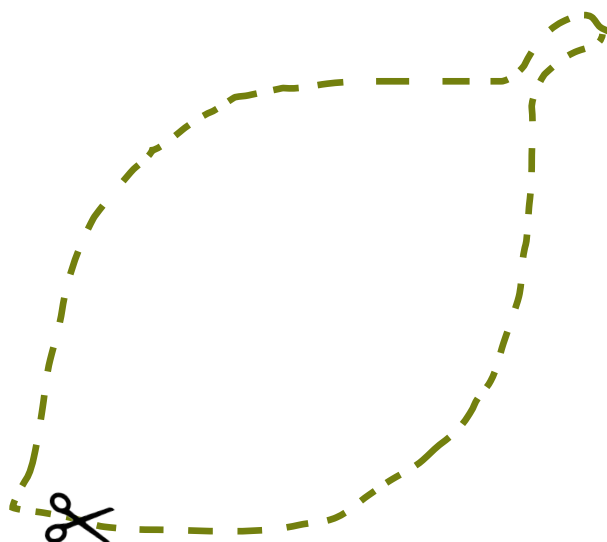
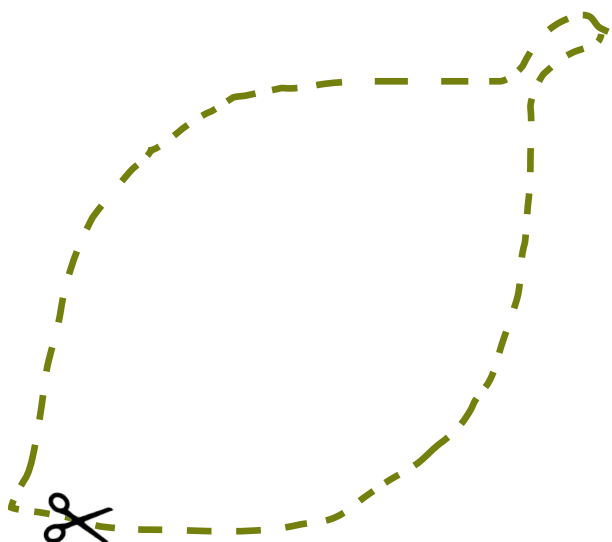


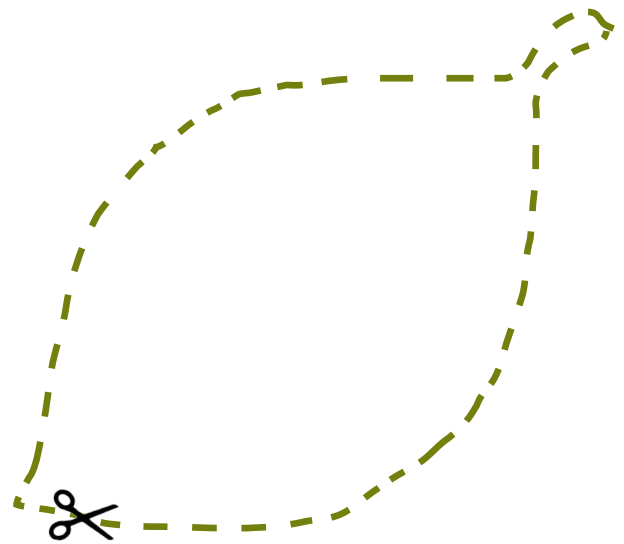
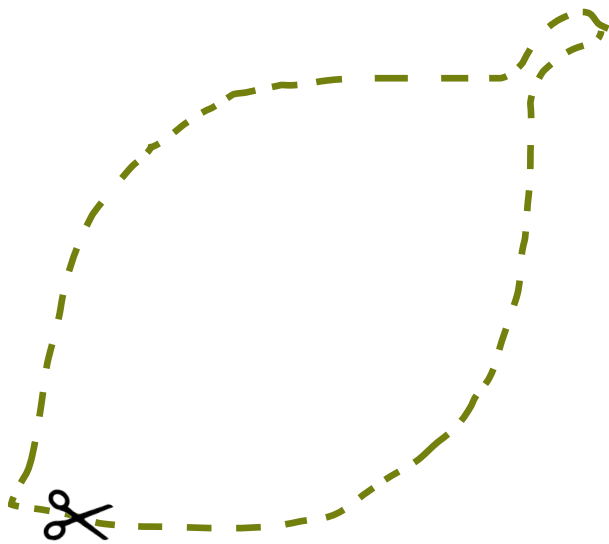
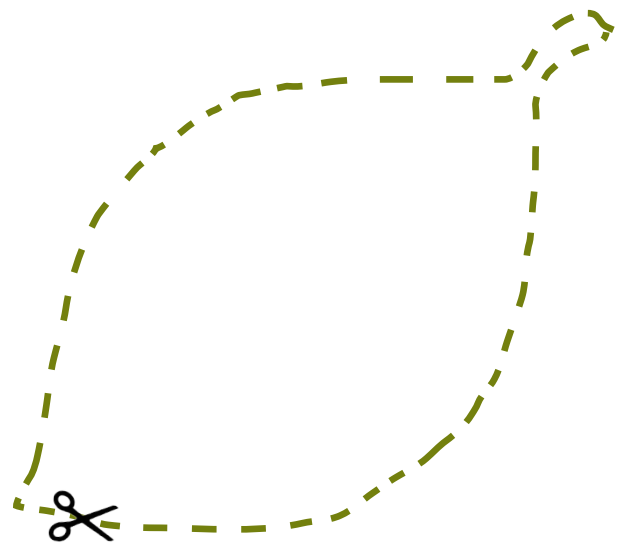
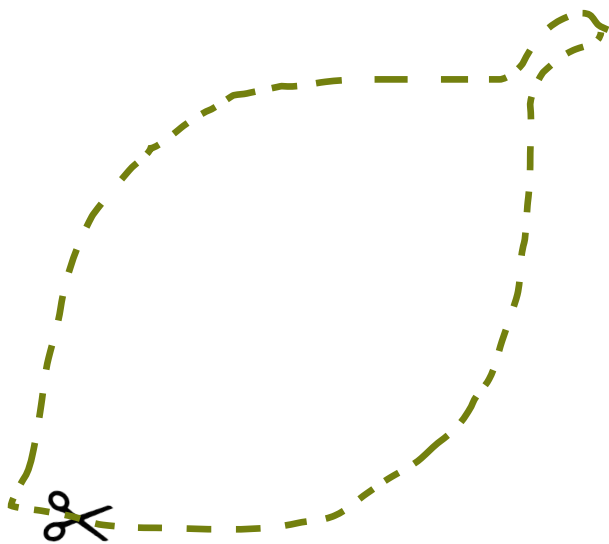
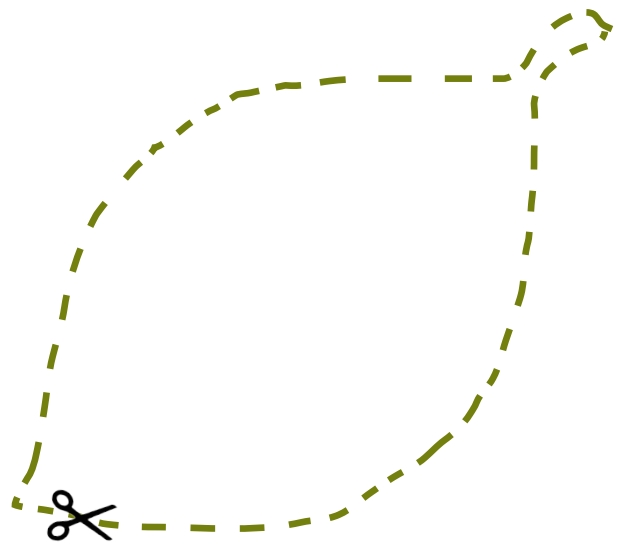
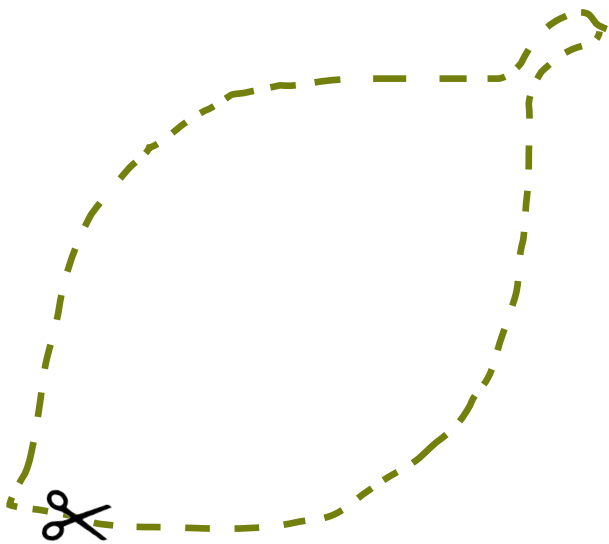












North Tipperary Mental Health Week Committee



Youth Work Ireland
Tipperary



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Bord Oideachais agus
Oiliúna Thiobraid Árann
*Tipperary Education and
Training Board*



Comhairle Contae Thiobraid Árann
Tipperary County Council



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

NTDC
North Tipperary
Development Company



volunteer centre
Ionad d'Obair Dheonach Thiobraid Árann
TIPPERARY


Silver Arch
Family Resource Centre


ROSCREA YOUTH SERVICE


Youth Advocate
PROGRAMMES IRELAND


**Mental Health
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Connecting for Life
Mid West