

# SUPPORT YOUR MENTAL HEALTH & WELLBEING

For more tips and ideas on how to incorporate the five ways to wellbeing into your life, log onto [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

If you are concerned about your own or someone else's mental health and wellbeing you can seek further information about supports at [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) or call the Samaritans on 116 123.

## 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](http://www.mentalhealthireland.ie)

**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.

 Mental.Health.Ireland  
 @mentalhealthirl  
 @mentalhealthireland

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)



Mental Health  
Ireland



BE ACTIVE



CONNECT



TAKE  
NOTICE

FIVE WAYS  
TO WELLBEING



KEEP  
LEARNING



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# THE FIVE WAYS TO WELLBEING ARE SIMPLE ACTIONS YOU CAN DO EVERYDAY TO FEEL GOOD AND FUNCTION WELL...

## CONNECT

### MAKE TIME EACH DAY TO CONNECT.

#### 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

### LOOK FOR WAYS TO BE ACTIVE EVERYDAY.

#### Go for a walk or a run.

Step outside. Cycle. Play a game. Garden. Dance. Discover a physical activity you enjoy which suits your lifestyle and level of mobility and fitness. Research has shown being physically active can improve your mental health and wellbeing.

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## 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. Pay attention to the present moment – to your thoughts, feelings and to the world around you. This can improve your wellbeing.

## KEEP LEARNING

### TRY SOMETHING NEW.

#### Try something new.

Rediscover an old interest. Sign up for that course. Take a yoga class. Cook a new recipe. Take on a new responsibility. Setting yourself a new challenge and learning new skills will increase your confidence 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.

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'The Five Ways to Wellbeing'  
(New Economics Foundation, 2008)