5 WAYS TO WELLBEING

CHECK OUT SOME SIMPLE WAYS TO MIND YOUR MENTAL HEALTH:



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1. CONNECT

Take the time to connect each day with the people around you. Online, phone or in person, it can really boost our mental health!

- Meet up with friends and family
- Join a club or group
- Have a conversation with someone in school, work or college
- Talk to a support service



2. BE ACTIVE

Just 30 minutes of exercise per day can help us feel good both mentally and physically.

- Go for a brisk walk
- Take the stairs instead of the lift
- Have a game of football, tennis, hurling, basketball etc.
- Join a sports club
- Take the dog for a stroll



3. TAKE NOTICE

A few moments a day to focus on what's happening inside us, and in our surroundings can be really helpful to increase our self-awareness and overall wellbeing.

- Pick a sense (sight, smell, hearing, touch, taste) and take 2 minutes to see how much you can notice focusing just on that sense
- Try out a Mindfulness app or course
- Take 1 minute out of your day to ask vourself "how am I feeling right now?"



4. KEEP LEARNING

Learning something new every day can build confidence, competence and feed our curiosity.

- Learn a new song or an instrument
- Listen to a podcast on something you know very little about
- Read an interesting article online or a chapter from a book
- Ask questions

5. GIVE

By helping others we can give ourselves greater sense of wellbeing and a confidence.

- Give a family member some help with a job around the house
- Give a compliment or say "thank you"
- Sign up for volunteering opportunities



An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige Department of Children, Equality, Disability, Integration and Youth

Find advice, information and support services on mental health and wellbeing at



PHONE AND TEXT LINES FOR CHILDREN AND YOUNG PEOPLE:

Childline 1800 666 666 or Text "Talk" to 50101; Samaritans 116 123; Text "Hello" to 50808