

THE MORE YOU MOVE THE BETTER YOUR MOOD

Getting regular exercise is proven to have a positive impact on how you feel.



#littletings can make a big difference

Keeping active is a great way to protect both your health and your mood. Keep this card somewhere to remind you that even a quick walk every day will make a difference to how you feel.

We all go through tough times. When we do, little things can make a big difference to how we feel.

Keep active

Talk about how you feel

Do things with others

Eat healthily

Stay in touch

Drink less alcohol

Look out for others

Sleep well

Find the little things that work for you.



Foillimnannacht na Seirbhíse Sláinte
Health Service Executive

116 123

SAMARITANS

[yourmentalhealth.ie](https://www.yourmentalhealth.ie)

#littlethings