

your
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Information | Support | Services

We all need to look after our mental health, and just like our physical health, it needs to be maintained. Here are some little things you can do to look after your mental health:

Keep active

Regular exercise can really give your mental health a boost.

Talk about it

Problems feel smaller when they are shared with others. Talking about feelings is a good way to deal with a problem.

Eat and sleep well

Having a balanced diet and a good sleep pattern will not only help the way you feel, but it will also help the way you think.

Drink less alcohol

Avoiding too much alcohol is important, especially if you're feeling down or worried.

Do something you enjoy

Setting aside some time to do something you enjoy, especially if you are not feeling great, will help you feel better.

Stay in touch

Trusted friends and family are important, especially at difficult times. You do not have to face things on your own.

Accept yourself

Everyone is different and is entitled to respect. Many different things, including your background, race, religion and sexual identity, make you who you are.

Ask for help

Asking for help is not a weakness but a sign of personal strength. Everyone needs help from time to time and there's nothing wrong with asking for it.



Connecting for Life

yourmentalhealth.ie



Seirbhís Stáinte
Níos Fearr
á Forbairt

Building a
Better Health
Service