

#FIVEWAYSFORTOUGHTIMES

# FIVE WAYS TO WELLBEING FOR TOUGH TIMES

There are many ways to **stay connected** with our friends and family even if we cannot see them in person while maintaining our social distancing.

Emailing, calling, texting or even writing a letter to loved ones are great ways to **keep in touch**. Set up a video call with some members of your family. Invite your friends and **catch up** remotely over a cuppa.

**Check in** on neighbours who are older or living alone.

CONNECT

Set aside some time each day to catch up with an old friend. **Share updates about your lives** and how you are coping in the current situation.



Mental Health  
Ireland

'The Five Ways to Wellbeing' (NEF, 2008)

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We may find we have extra time in our day over the coming weeks. We can use this an **opportunity** to try something new we didn't have time to try before.

Signing up for short online courses or trying something as simple as cooking a new recipe can help give us a sense of purpose and **keep our minds active**.

**KEEP  
LEARNING**

Avail of **free online resources** on topics you enjoy. Apps, podcasts, YouTube tutorials offer many ways to keep learning.

**When we teach, we learn.** Maybe help a young person in your family with their studies or support a student with their college assignment.



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Being physically active can **benefit your mental and physical wellbeing.** It can improve your mood, reduce stress and make you feel more relaxed.

Get as much **sunlight, fresh air** and nature as possible. Keep an outdoor routine going if you can.

**Stay active** by doing an activity that you enjoy and suits your level of fitness and mobility.

If exercising outdoors practice social distancing. Or exercise indoors with **free online workouts.**

**BE ACTIVE**



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## Giving back

is an opportunity to use some of our unique skills and abilities to support people through tough times.

We have seen an increase in the number of community response groups offering services to the elderly or most vulnerable in our community. **Volunteering your time** with these groups, if safe to do so, can increase your sense of belonging.

Giving can include something as **simple** as making someone a cup of tea. Share a **positive message** online or with your friends and family. Drop off a care package to a loved one's door.

GIVE

Sign up to support the Health Service Executive's **Be On Call for Ireland** recruitment campaign. Or donate to your favourite charity.



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**Being mindful** of how we are feeling is important. Noticing these feelings can help us to address them. With so much change happening around us it is natural to feel unsettled. Be compassionate with yourself.

Taking notice can include spotting the change in seasons, the birds, trees, flowers while on a walk. What **new growth** is happening? Set up a bird feeder in your garden and watch the birds come and go.

TAKE  
NOTICE

Actively include **digital disconnection** time in your day. Choose to only listen to **reliable information** from reputable sources such as HSE or Department of Health.

If we are out of our usual routine, our sleep can be disrupted. Be aware of your **sleep patterns** and the things that might help you get a good night's sleep.



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