

## Look After Yourself

### Top 10 Tips for Good Mental Health and Wellbeing



#### Keep Active

Find a physical activity you enjoy and make it part of your life, you will feel better and boost your self-esteem



#### Take a Break

Use your lunchbreak to get away from your desk. Step outside for just a few minutes, it can re-energise you



#### Sleep is Important

Sleeping well can improve concentration and refresh you



#### Eat Well

A balanced diet rich in nutrients is good for both your mental and physical health



#### Drink in Moderation

Stay within the recommended alcohol limits: heavy drinking affects brain function and can cause disease



#### Keep in Touch

Maintain good relationships with friends, family and your wider community: strong connections can help you to feel happier



#### Share How You Feel

Talk about your feelings, it can help you cope with problems and feel listened to



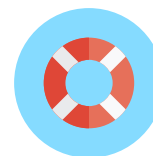
#### Give Back

It has been proven that giving - time or money - can make you feel valued and give you a sense of purpose



#### Be Mindful

Mindfulness - positive emotions and paying attention to the present - can help you enjoy life more



#### Ask for Help

Asking for help is a sign of strength, and can lead to the right support for you, whatever you're going through

# HELPLINE SUPPORT **1800 991 801**

365 days a year

9am - 7.30pm weekdays, 10am - 4pm weekends and Bank Holidays

You can find useful information and resources on our website,  
as well as download our factsheets [www.lawcare.ie](http://www.lawcare.ie)