

Blog One

Positive Mental Health and Well-Being – What you can do to look after your positive mental health

Positive mental health is about looking after yourself and minding your mental well-being, having a positive sense of wellbeing. Life is full of ups and downs and there are many things you can do that will make a difference to how you feel and can help you to cope with tough times or difficulties that may arise.

Positive mental health is not just “being free of mental illness, it is also about having a positive sense of wellbeing. It is important to look after your positive mental health as it allows us to enjoy life’s pleasures, believe in our own abilities, cope with the normal stresses of life, work and study productively and enjoy socialising. Positive mental health is about reaching our potential and feeling like we always have the chance to give everything our best shot. Not just feeling positive, but also getting out there in the big bad world. Positive mental health not only prevents mental ill health, it also leads to greater enjoyment and satisfaction with one’s life.” (www.spunout.ie)

#littlethings

The following are suggestions for supporting positive mental health. They are the **#littlethings** (HSE Little Things campaign) that can make a big difference to our mental health and our wellbeing. (www.yourmentalhealth.ie).

Stay Active: Maintaining physical health plays an important role in protecting and improving mental health. It is important to do activities that look after our bodies and improve our physical health, which in turn supports an experience of better emotional well being. The more you move the better your mood. Getting regular exercise is proven to have a positive impact on how you feel.

Talk about your problems: Problems feel smaller when they are shared with others, without having to be solved or fixed. Just talking about it will do you good. So remember, talk about how you feel.

Stay in Touch: Staying in touch with friends and family is good for promoting positive mental health. Keeping in touch with friends is proven to have a positive effect on how you feel.

Do things together: Doing things with others can be good for you. Take part in group activities that you enjoy such as sport or the arts (doing something creative) or volunteering.

Looking out for others: Lending an ear to someone else in trouble, or catching up with someone who

seems distant, can change their day, or their lives. You don't have to fix it for them - just listening is a huge help. Always be willing to ask a friend how they are. If a friend is going through a tough time ask them what can you do to help? Simply by being there you are already doing something to help out.

Eat Healthy: A regular healthy, balanced and nutritious diet will help both your physical, but also your mental health, and have a positive impact on how you feel.

Drink less alcohol: Reducing alcohol will have a positive impact on their health and mental wellbeing, making it easier to cope with day-to-day difficulties and stresses.

Sleep well: Getting a good night's sleep of 7 or 8 hours, as often as you can, will have a positive impact on how you feel. Protect your sleep if you can, it will do you good.

Accept yourself: Take time out to look after yourself. Practise positive thinking. Take up an activity such as mindfulness, learning to be in the moment.

For further information visit

<http://www.yourmentalhealth.ie/Get-involved/LittleThings-campaign/>