



World Mental Health Day 10th of October 2023. The goal of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

This year's theme 'Mental health is a universal human right'.

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. **It's important to look after your mental health at work and ask for help when needed.**



Common Difficulties (taken from HSE website)



Anxiety

Anxiety is a feeling of worry or fear that everyone experiences at times.

For Tips on how to manage anxiety visit: [Anxiety - tip and self-help - HSE.ie](https://www.hse.ie/eng/health/mental_health/mental_health_difficulties/anxiety_tips_and_self_help.htm)



Stress

Everyone feels stress sometimes, especially when dealing with a difficult situation. Difficult situations can include relationship difficulties, work issues or money worries.

For tips on how to manage Stress visit: [Stress - tips and self-help - HSE.ie](https://www.hse.ie/eng/health/mental_health/mental_health_difficulties/stress_tips_and_self_help.htm)



Sleep

Sleep is important for your health. Most people need 5 to 9 hours sleep a night. More than 7 hours is recommended for adults. The ideal amount is 8 hours, but everyone's different.

For Tips on how to manage Sleep visit: [Sleep problems - tips and self-help - HSE.ie](https://www.hse.ie/eng/health/mental_health/mental_health_difficulties/sleep_problems_tips_and_self_help.htm)



Low Mood

Everyone feels sad or low at some stage of their lives. A distressing event or major change in your life can affect your mood. But sometimes it's possible to feel low for no clear reason. A low mood can make you feel less confident, tired, frustrated, angry or worried.

For tips on how to manage Low mood visit: [Low mood — tips and self-help - HSE.ie](https://www.hse.ie/eng/health/mental_health/mental_health_difficulties/low_mood_tips_and_self_help.htm)

World Mental Health Day 2023

What do we know about Mental Health



What changes can I make to improve my mental health?



How do I support my employee to manage difficult conversations in the workplace?

Encouraging people to talk about their mental health: supporting staff to stay well and in work, **time to talk.**

Actions you can try and avoid to improve your Mental Health

TRY



Get Moving! Exercise and mental health are connected, so eat well and exercise to release endorphins. Find something that suits you and you like to do.



Make time for yourself to have fun, positive emotions can help build a buffer against stress.

AVOID



Over doing things with Sugar, Alcohol, Caffeine they can make you feel better in the moment but can increase problems in the long term.



Over working, not taking time to switch from work, opening emails and answering calls outside of work hours, you need to give yourself rest time.

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TRY



Do something that interests you, learn a new skill, painting, knitting or even a language.

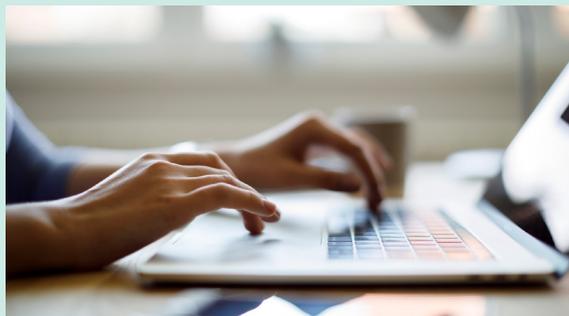


Share how you feel, it is ok to ask for help. Talk to friends, family or a work colleague, manager.



Switching off from distractions, make sure to make time for yourself as a regular part of your routine. Schedule time off if you need to.

AVOID



Too much screen time, you should have some down time, you don't need to be doing something all the time.



Set realistic expectations, do not compare yourself to others, be accepting of yourself, mistakes do happen no one is perfect.



Do not bottle up your feelings, talk to someone!

Where to find more useful information on taking care of your Mental Health

Useful Links:

World Mental Health Day 2023 (who.int)

<https://www.mentalhealthireland.ie/>

<https://www2.hse.ie/mental-health>

The struggle of mental health | TED Talks

<https://www.aware.ie/>

<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

Mental health in the workplace | CIPD

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