



# Minding Your Wellbeing

TAKE A POSITIVE APPROACH TO YOUR MENTAL HEALTH

SUPPORT BOOKLET



[yourmentalhealth.ie](http://yourmentalhealth.ie)

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1800 111 888



Minding Your Wellbeing is a mental wellbeing programme which is made up of 5 videos from HSE Health and Wellbeing that highlight practical ways that you can promote and maintain your mental health. The videos are available on [Yourmentalhealth.ie](http://Yourmentalhealth.ie) and on Youtube under HSE Health and Wellbeing and cover:

1. Practicing Self-Care
2. Understanding Our Thoughts
3. Exploring Emotions
4. Building Positive Relationships
5. Improving Our Resilience.

This booklet is designed by HSE Health and Wellbeing to support users to engage with the various key messages from the Minding Your Wellbeing programme and we hope you find it useful.

In order to get the most from this resource we encourage you to watch all 5 videos from the programme available [here](#). 

# 01 Practicing Self-Care

Self-care means making time to look after yourself with a routine of healthy practices and habits.

- ✓ Prioritise self-care, make it a way of life
- ✓ Start with what you are already doing well and build on that
- ✓ By gradually building up these good self-care habits you create your own 'self-care toolkit'



 [Link to the YouTube video for 'Practicing Self-Care' here](#)

# 01 My Self-Care Toolkit

Rate your own self-care on these 10 areas to prioritise your Mental Health and Wellbeing

	Rate yourself from 1-10	My priorities for my self-care are:
 Being kind to yourself <input type="radio"/>		
 Eating healthily <input type="radio"/>		
 Connecting with others <input type="radio"/>		
 Managing stress <input type="radio"/>		
 Making time to relax <input type="radio"/>		
 Being active <input type="radio"/>		
 Having interests and hobbies <input type="radio"/>		
 Getting good sleep <input type="radio"/>		
 Having structure and routine <input type="radio"/>		
 Asking for help <input type="radio"/>		

## 02 Understanding Our Thoughts

Your thoughts influence your feelings, your actions and how you view yourself and others

- ✓ You cannot stop your thoughts but you can change how you respond to them
- ✓ Try to challenge negative or worrying thoughts – Notice, Pause, Question, Reflect
- ✓ Try to increase your positive and realistic thoughts by tuning in to things that go well



Notice



Question



Pause



Reflect

 [Link to the YouTube video for 'Understanding our Thoughts' here](#)

# 02 Understanding Our Thoughts

## TACKLING THINKING TRAPS

Thinking traps which you may experience from time to time, are when we automatically; jump to conclusions or catastrophise. This negative short-cut way of thinking can make you feel anxious, fearful or reluctant to try something new. **If thinking traps are getting in your way, the following steps might help you to tackle them.** Complete the steps of the process below about a time you experienced a thinking trap.

<p><b>NOTICE</b></p> 	<p>What did you feel was happening or about to happen?</p> <hr/> <p>What negative thoughts or worries came into your mind?</p> <hr/> <p>How did you feel?</p>
<p><b>PAUSE</b></p> 	<p>If you had...</p> <p>Slowed down and taken a breath.</p> <p>Allowed yourself time to gather your thoughts.</p> <p>How would this have helped?</p>
<p><b>QUESTION</b></p> 	<p>Were your initial thoughts and fears really likely to happen?</p> <hr/> <p>What were you basing these ideas on?</p> <hr/> <p>What else could you have considered?</p>
<p><b>REFLECT</b></p> 	<p>What outcome did happen?</p> <hr/> <p>What was just based on worry?</p> <hr/> <p>What could help the next time?</p>

**Important:** This activity aims to help you challenge negative thinking in everyday situations. If your thoughts or worries are affecting the quality of your life, or you are finding it hard to cope, it is important to seek help from your doctor or other mental health professional.

## 03 Exploring Emotions

Tuning into your emotions helps you to understand how you are feeling at the time and what is the best way to respond.

- ✓ Remember challenging emotions do pass, be kind to yourself and ask for help if you need it
- ✓ Try to increase positive emotions in daily life – use the Five Ways to Wellbeing
- ✓ Hold on to positive emotions for longer with mindfulness, by savouring and with gratitude



 [Link to the YouTube video for 'Exploring Emotions' here](#)

## 03 Exploring Emotions

### Savouring Your Positive Emotions

When it comes to our emotions, we are more likely to notice or hold on to the negative ones. If we can learn to tune into the positive emotions and really notice and savour them, we can make them last longer. Try practicing the following to get the most out of your positive emotions.

1. Think of something, no matter how small which made you feel happy, or you found funny or really interesting. Write it down.

- 
2. What emotions did you feel?

- 
3. What thoughts did you have at the time?

- 
4. What was it about the event that made you feel the positive emotions?

- 
5. Who did you tell about the event?

- 
6. As you think about it again, how do you feel?
- 

The next time you feel positive emotions or you are in a happy mood, try to tune into these feelings, notice them and savour them. Share the feeling with others and think about it again, make it last!



## 04 Building Positive Relationships

Having good relationships and caring for them really benefits your mental health and wellbeing.

- ✓ Positive relationships start with being a good friend to yourself
- ✓ Connect with other people as often as you can, even for short periods. It boosts your mood
- ✓ Invest in your relationships with kindness and attention, they need to be nourished



 [Link to the YouTube video for 'Building Positive Relationships' here](#)

## 04 Building Positive Relationships

For this activity, pick a relationship that you value and want to keep building. Think about that relationship and answer the questions below. You can focus on just one person if you wish, or the relationship group as a whole like family or friends.

Relationship:

What do you value most about this relationship?

What, if anything, would you change to make it even better?

What could you do right now to bring about the change you mentioned above to make sure this relationship is healthy and positive? Add your own ideas to the list if you wish.

Change	Already Doing This	Could Do More of This	How can you make sure this happens?
Giving time			
Giving attention and being focused			
Committing – keeping my word			
Having fun together			
Giving and receiving support			
Communicating well			
Prioritising my own self care			

## 05 Improving Our Resilience

**Resilience is the ability to cope with the challenges of life, come back from tough times and look forward to the future.**

- ✓ Your resilience can go up or down, so do what you can to restore and improve it
- ✓ Practice good self-care, use your strengths and challenge your negative beliefs and thoughts
- ✓ Tune into your strengths by noticing - when you are confident or energised, how you solve problems or reach goals and how you treat yourself or others



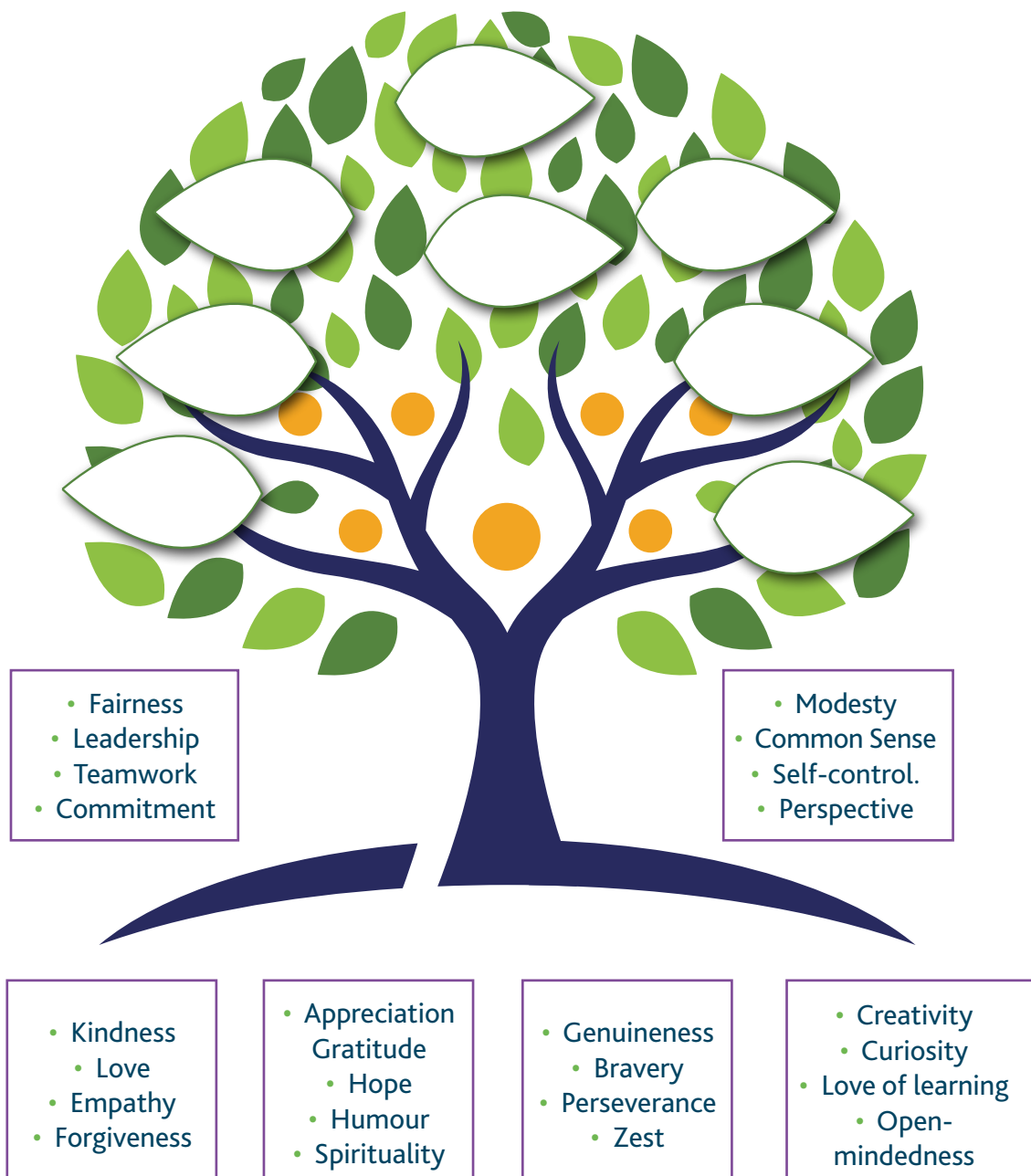
 [Link to the YouTube video for 'Improving Our Resilience' here](#)

# 05 Improving Our Resilience

## MY TREE OF STRENGTHS

Your character strengths are the positive qualities that you possess. Knowing and using your strengths can build your confidence, self-esteem and resilience.

This activity, My Tree of Strengths can help you identify the strengths you already have and encourage you to build on them: Think about some of your strengths and add them to the tree.



# Make Mindfulness Part of Your Day

**Mindfulness is:** Paying attention, on purpose, in the present moment, non judgementally. (Jon Kabat Zinn)

- ✓ Before getting up each morning just pause for a few moments. Take a few slow breaths, notice how your body feels, stretch it out and relax, then think of a positive intention for the day
- ✓ When having a hot or cold drink during the day, take time to notice the feel and taste of it, the weight of the cup or glass in your hand, the sensation when you swallow, just notice and enjoy
- ✓ During a conversation try to really listen to the other person, tune into what they are saying, pay attention to them rather than preparing your own response, make eye contact and be fully present
- ✓ If you go for a walk or when outdoors, notice the feel of the ground beneath you, the sights, the sounds and the smells around you. Tune into yourself and your surroundings

## Build a Habit of Gratitude

Gratitude is when we appreciate what we already have in life and what others do for us or give to us. It is most beneficial when we express it.

- ✓ Notice the actions of others and consciously make an effort to say thank you, even for small things
- ✓ Write a letter to someone to say thank you for something they have done for you or for the support they give you
- ✓ Before you go to bed at night write down three or four things which gave you a little joy that day



# 5 Ways to Wellbeing

There are simple things we can all do every day to improve our mental health and wellbeing. Evidence shows that these five practices can have a positive impact on how we feel.

## Connect

Try to connect with others in whatever way you can, family friends, work colleagues or people in your community. Giving time to these relationships, even with short chats, or visits and calls can boost how you feel each day.

## Be Active

Can you find ways to be more active each day? Find a favourite way of moving and being physically active, try to build it up to 30 minutes each day, if it also involves other people that is an added benefit!

## Take Notice

By noticing and being aware of what is going on around you, as well as how you are feeling can really help you to appreciate things more. Short moments of joy, the company of your family and friends, the changes in nature, have a much greater effect if you savour and notice them.

## Keep Learning

Be curious and interested in new experiences. Have you ever wanted to take up a new hobby, learn a new language or find out more about your local area? Learning is good for your mental health and wellbeing, it's never too late to learn something new.

## Give

Giving to others has a positive effect on the way you feel. Being kind and caring to another person, even in small ways, can make you feel better. Think about how you could give in your community, perhaps volunteering or helping a friend or neighbour.







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