

MINDING YOUR MENTAL HEALTH

It's normal to feel sad, stressed, confused, scared or angry during a crisis and it is important that we look after ourselves first before trying to help others.

[Yourmentalhealth.ie](https://www.yourmentalhealth.ie) has lots of advice and information to help you look after your mental health during this time and here are a few tips from us;

HEALTHY LIFESTYLE

It is important to maintain a healthy lifestyle by consuming a healthy diet, exercising regularly and getting a good nights sleep. [Click Here](#) for our "Recipes for Success" resource which has some great healthy recipe ideas

Also be mindful of your alcohol intake and try to limit your consumption, especially if you are feeling low: [askaboutalcohol.ie](https://www.askaboutalcohol.ie)



DEVELOP A ROUTINE

Maintain structure in your day for exercising, meals, work, relaxation, sleeping etc. Try to keep your routine realistic and know that it is ok revise it if you are struggling to achieve all that you have set out for yourself. Remember that everyone is different and what works for others may not work for you. Mental Health Ireland have developed a routine template which you can access [HERE](#)



TAKE A BREAK

If you are working from home, make sure that you take regular breaks away from your phone and computer. Ensure that you switch off at the end of the day and take time to unwind.



LIMIT NEWS CONSUMPTION

Information overload can be upsetting and cause stress. Take a break from the news and social media every so often and only rely on information from trusted sources, such as the [HSE](#) or the [PHA](#).

The governments new Together Campaign is also a great source of accurate advice and information: [CLICK HERE](#)



STAY CONNECTED

Stay connected with family and friends through calls, video chat, social media, text messages etc. You can also use this time to up-skill yourself. The GAA's e-learning platform has lots of online courses and webinars that you can find [HERE](#)



ASK FOR HELP

If you are feeling low, talk to someone you trust or contact a mental health support service. You can find a full list of Mental Health Support services at either of the following links: [HSE](#) or [PHA](#)

[Mental Health Ireland](#) (ROI) and the [Public Health Agency](#) (NI) have also developed their five ways to wellbeing for tough times



You know yourself best, so try to recognise when you are not feeling yourself and find out what works best for you, **REMEMBER:** It's OK not to feel OK

The Samaritans is the GAA's national mental health partner and can be contacted any time for a friendly chat on: 116123