Irish Life

Wellbeing

5 simple habits to support your Mental Fitness





Irish Life Wellbeing Consultant Rab Das shares Healthy Habits to boost your mental fitness.

1 Connect

Social connection's impact on mental wellbeing

Strong relationships help us feel supported, reduce stress and improve our overall wellbeing.

Simple actions:

- Check in with a friend, teammate or family member today.
- Arrange a coffee or walk with someone you enjoy spending time with.
- Join a club, group or community activity.
- Put your phone away and be fully present in conversations.
- Reach out to someone you haven't spoken to in a while.

2 Be active

Physical activity & spending time outdoors

Exercise and spending time outdoors can have a positive impact on our mental health.

Simple actions:

- Take a 10-minute walk during your day.
- Choose the stairs instead of the lift.
- Get outside for some fresh air at lunchtime.
- Try a new activity such as cycling, swimming or dancing.
- Stand up and stretch regularly if you're sitting for long periods.

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3 Sleep & rest

The fuel we need for our emotional wellbeing

Good quality sleep and rest help us manage stress, regulate emotions and stay focused.

Simple actions:

- Aim for a consistent bedtime and wake-up time.
- Reduce screen time in the hour before bed.
- Create a relaxing evening routine.
- Take regular breaks throughout the day.
- Limit caffeine later in the afternoon and evening.

4 Keep learning

Developing a skill builds confidence & resilience

Learning something new helps keep our minds active and boosts self-confidence.

Simple actions:

- Learn one new thing each day.
- Listen to a podcast or read an article on a topic that interests you.
- Try a new recipe, hobby or craft.
- Set a personal learning goal for the week.
- Ask someone to teach you a skill they enjoy.

5 Give

Purpose, contribution, kindness & compassion

Helping others can strengthen connections, give us a sense of purpose and improve wellbeing.

Simple actions:

- Perform one act of kindness each day.
- Thank someone who has helped or supported you.
- Offer your time, knowledge or support to another person.
- Volunteer in your local community.
- Celebrate and acknowledge the achievements of others.

Download our Healthy Habits tip sheet here!

Irish Life GAA Healthy Clubs HEALTHY HABITS

If you're struggling with your mental health, remember that support is available.
Reach out to trusted services such as the Samaritans for confidential support and guidance: https://www.samaritans.org/
For more information on mental health supports and resources, visit: https://www2.hse.ie/mental-health/

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