

FIVE - A - DAY ***for health and happiness***



The following five actions can help to improve your mental fitness and well-being.

CONNECT

with family, friends, colleagues and neighbours. At home, at work, school or in your local community. Building connections will support and enrich your every day. Respect differences in others.



BE ACTIVE

go for a walk or run, step out cycle, play a game, garden, dance or exercise, it will make you feel good. Discover a physical activity you enjoy and that suits your level of mobility and fitness.

2



TAKE NOTICE

be curious and aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

3



KEEP LEARNING 4

try something new, rediscover an old interest, sign up for a course, take on a different responsibility at work, learn to play an instrument or how to cook something new. Set a challenge you enjoy. It will make you more confident as well as being fun.



GIVE

Do something nice for a friend or even a stranger. Thank someone, smile, volunteer your time. Be gentle with yourself and others.



FIRST RESPONSE PATHWAY

The UCC Student Counselling and Development Service offers confidential individual and group counselling to students who require assistance

TEL: 021 490 3565 TEXT: 087 215 2505

WEB: www.ucc.ie/studentcounselling

SAMARITANS 24 Hr line: *Freephone 116 123*



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



UCC

Coláiste na hOllscoile Corcaigh, Éire
University College Cork, Ireland

ALCOHOL HEALTH RISKS

HOW MUCH IS TOO MUCH

<3 - 4 UNITS / DAY

ACCEPTABLE

<2 - 3 UNITS / DAY

>3 - 4 UNITS / DAY

HAZARDOUS

>2 - 3 UNITS / DAY

>8 UNITS / DAY
OVER 50 UNITS / WEEK

HARMFUL

>6 UNITS / DAY
OVER 35 UNITS / WEEK

Men
who regularly drink

Women
who regularly drink

STRESS & EMPATHY



**EMOTIONAL
INTELLIGENCE**



MAY LEAD TO SOCIAL WITHDRAWAL

BUILDING HOPE - 'A SKILLS FOR LIFE PASSPORT'

HEALTH

Mindfulness, Balanced approach to Diet, Exercise, Alcohol & Sleep

OPPORTUNITY

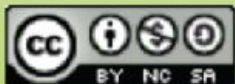
Connecting with Community Sport and Culture

PERSONAL RESILIENCE

Positive Self-regard, Problem Solving

EMOTIONAL INTELLIGENCE & EMPATHY

Compassionate Stance towards Self and Others



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RESILIENCE is key to overcoming STRESS

Knowing that you have
coped before



Believing that I will
get through this

Awareness of how
I am feeling



Awareness of how
I can get help

Be flexible in your
coping



Old ways might not
work anymore

TALKING TO SOMEONE IS ALWAYS WORTH TRYING

IMPACT OF ANXIETY & STRESS

BODY

*Fight / Flight
Sweating
Headaches*

HOW WE FEEL

*Sad
Irritable
Tired*

HOW WE THINK

*Negatively
Self Critical
Withdrawal from stress*

HOW TO MANAGE

*Build Awareness
Be kind to yourself
Make life changes*

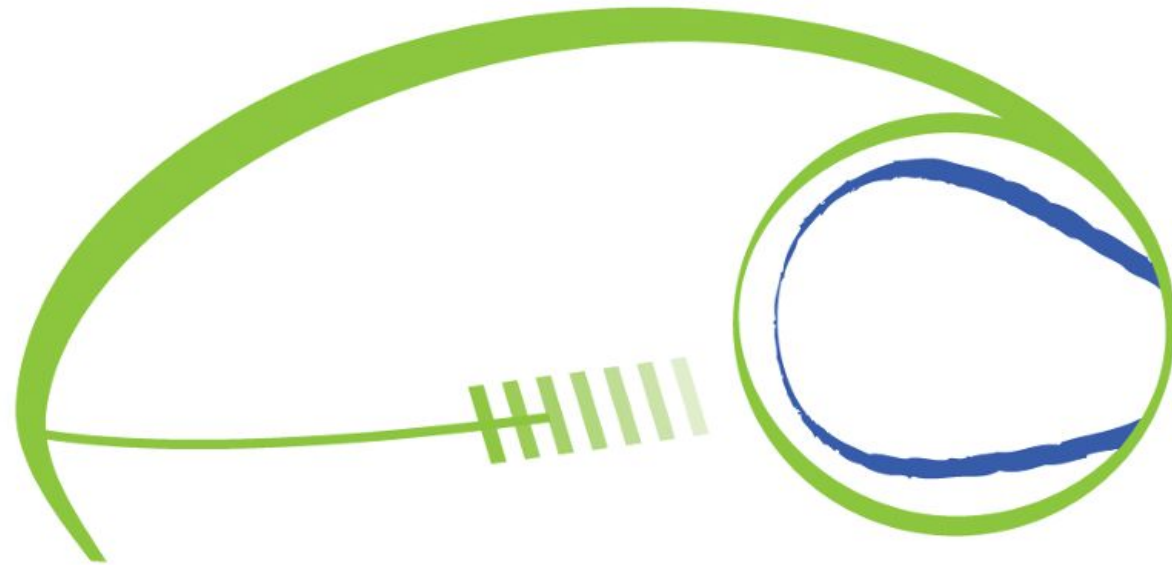
MY PLEDGE *for Mental Fitness*

Name:

I pledge to get mentally
and physically active times/week.

and reduce my alcohol
intake by units/week.

#*changing*conversations*changing*lives



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