

# Promoting 5 Ways to Wellbeing



# World Mental Health Week In Sligo

4th-10th October 2015

Brought to you by Mental  
Health Ireland and HSE

[www.alive2thrive.ie](http://www.alive2thrive.ie)



# Celebrating Mental Wellbeing in Sligo

We are pleased to invite you, the people of Co. Sligo, to participate in a range of activities to raise awareness about the very important topic of mental health. Events and activities promoting a positive sense of wellbeing will commence during World Mental Health Week and continue throughout the Autumn. People from all walks of life are encouraged to take time out to learn, talk, reflect and engage with others around the issue of mental wellbeing. We hope that through open dialogue and participation in some of the activities outlined in this brochure, local communities will recognise the importance of maintaining good mental health in today's hectic and stress filled society.

Research has indicated five aspects of everyday living which are seen to have a positive impact on our mental health. The Five Ways to Wellbeing were developed based on evidence relating to individuals behaviour. If individuals change their behaviour so as to incorporate more Five-Ways-type activities into their day-to-day lives, the evidence suggests that their wellbeing will improve. When you have these positive experiences you can change how you think and behave, becoming emotionally more resilient. The "Five Ways to Wellbeing" are simple, accessible and achievable for everyone...

- **Connect**
- **Be Active**
- **Take Notice**
- **Keep Learning**
- **Give**

## 5 Ways to Wellbeing



### Connect



Feeling close to, and valued by, other people is a fundamental human need.

Social relationships are critical for promoting wellbeing and can help reduce the risk of mental ill health for people of all ages. With this in mind, try to do something different today – and make a connection.

- **Talk to someone instead of sending an email**
- **Speak to someone new**
- **Ask how someone's weekend was and really listen when they tell you**
- **Phone or meet someone you care about for a proper catch up**

### Be Active



Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is also essential for slowing age-related cognitive decline and for promoting well-being. It doesn't need to be particularly intense for you to feel good – slower-paced activities, such as walking, can have the added benefit of encouraging social interactions as well as providing some level of exercise. Find an exercise you enjoy and that suits your level of mobility!

**TIP: Have a Sense of Purpose. Do things that bring meaning to your life. Create a life that feels good on the inside not one that looks good on the outside**

## Take Notice

'Taking notice' of the world around you, in the here and now, can directly enhance your wellbeing. Many of us spend so much time thinking about things in the past or worrying about the future that we don't enjoy the moment. Try taking some time every day to savour the moment and the environment around you.

- **Go for a walk and make a conscious effort to notice the landmarks and landscape**
- **Have a 'clear the clutter' day**
- **Go somewhere pleasant for lunch, away from your normal setting, and really savour the environment and the tastes and textures of your food**
- **Take notice of how people around you are feeling or acting**

## Keep Learning

Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Signing up for a night class or pursuing a new interest or hobby is a great way to boost your wellbeing. However, you don't have to sign up to a formal activity to learn new things. Here are a few more ideas which you could try building in to your regular activities:

- **Set up a book club**
- **Do a crossword or Sudoku**
- **Research something you've always wondered about**
- **Learn a foreign language**

## Give

Participation in social and community life – by volunteering for example – is strongly linked with improved wellbeing. Research has shown that carrying out an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

- **Your Time**
- **Your Words**
- **Your presence**

**TIP: Learn Healthy Habits. You'll manage stressful times better if you exercise regularly, eat a balanced diet and take time to rest**

## Workshops/Training

### Mind Your Mental Health

This is for anyone who wishes to learn about basic mental health and wellbeing. It aims to help participants to explore their understanding and knowledge in relation to health and mental health; stress and thinking patterns; mental distress, recovery and accessing supports; and self-care strategies.

Organisation

Mental Health Ireland

Register

Email: [Rachel@mentalhealthireland.ie](mailto:Rachel@mentalhealthireland.ie) Places are limited. Booking is essential.

Venue

Finisklin, Sligo, 14th October 10am – 4pm

Enniscrone, Sligo, 25th November 10am – 4pm

## Stress Control

We all live in stressful times. Understanding how stress can impact on our lives and what we can do about it is key to strengthening our resilience and ability to cope. This 6 session course aims to help you manage stress both in the workplace and at home.

Organisation	HSE
Register	Email: <a href="mailto:Thomas.Mcbride@hse.ie">Thomas.Mcbride@hse.ie</a> Booking is essential.
Venue	Tubbercurry, 15th October, 6pm – 7.30pm, Enniscrone, 13th October, 6.30pm – 8.30pm, IT Sligo, 4th November, 6pm – 7.30pm, Skreen, 1st October, 6pm – 7.30pm,

## SafeTalk

SafeTalk is a half day training programme that prepares participants to identify people with thoughts of suicide and connect them to suicide first aid resources.

*Please note that SafeTALK is not recommended for any participant that has been personally bereaved or affected by a suicide in the previous twelve months.*

Organisation	HSE
Register Email:	Email: <a href="mailto:Belinda.Taylor@hse.ie">Belinda.Taylor@hse.ie</a> Places are limited. Booking is essential.
Venue	Sligo, 7th October, 2pm – 5pm Skreen, 20th October, 7pm – 10pm

## A.S.I.S.T.

ASIST (Applied Suicide Intervention Skills Training) is a 2 day workshops for both professionals and members of the public. The aim of these Workshops is to increase awareness, develop skills and promote the prevention of suicide in our communities. The emphasis of the course is on suicide first aid, on helping a person at risk stay safe and seeks further help.

*Please note that ASIST is not recommended for any participant that has been personally bereaved or affected by a suicide in the previous twelve months.*

Organisation	HSE
Register	Email: <a href="mailto:Belinda.Taylor@hse.ie">Belinda.Taylor@hse.ie</a> Booking is essential.
Venue	Sligo, 29th & 30th September, 9am – 5pm,

## Understanding Self-Harm

This workshop aims to develop participants knowledge, awareness and understanding of self-harming behaviour

Organisation	HSE
Register	Email: <a href="mailto:Belinda.Taylor@hse.ie">Belinda.Taylor@hse.ie</a> Places are limited. Booking is essential.
Venue	Sligo, 7th October, 9.30 am – 4.30 pm,

# Public Events/Activities

## Mental Health Awareness Programme

The aim of this programme is to promote community awareness around mental health issues and to open up discussion and inform people about supports.

Topics include:-

- Session 1: Positive Mental Health.
- Session 2: Understanding the impact of thoughts on Moods/Behaviour.
- Session 3: An introduction to Mindfulness
- Session 4: The Recovery approach to Mental Health and GROW

Organisation	GROW
Date	Monday October 5th. Time: 8pm – 9.30pm Tuesday, October 6th. Time: 8pm – 9.30pm Saturday, October 10th. Time: 11.30pm – 1pm Saturday, October 10th. Time: 2pm – 3.30pm
Venue	Limeview Sophia, Emmett Street, Tubbercurry
Register	For further information and to book please contact Noeleen on 086 8516939.
Note	All are welcome and this programme is free of charge

## Calming a Busy Mind

**With John Graham**

In this introduction to Mind Calm, Transformational coach John Graham will tell you some of the reasons why our minds can get busy while also giving you some of the antidotes too. You will have a chance to experience the simple Mind Calm meditation technique allowing you to feel more peace, happiness, confidence, and calm. Whether you are looking to improve performance in business, sport or just have a better quality of life this short session will help.

**John Graham** is a transformational coach with 15 years' experience delivering highly effective change in the corporate sector. John's confident, light hearted, humorous style has made him an internationally sought after expert in helping people get lasting results.

A Scotsman based in Ireland, John focuses on delivering personal change, fast, to clients all over the world. He helps educate those he works with on how to change their relationship they have with their mind, enabling results to be achieved easier than, perhaps, imagined.

Date	Thursday 8th October
Time	7pm – 8.30pm
Venue	Clarion Hotel, Sligo
Register	Email: <a href="mailto:thomas.mcbride@hse.ie">thomas.mcbride@hse.ie</a>
Cost	Free! Sponsored by HSE

**TIP: Keep Perspective. This too shall pass. Try not to get stressed about the elements you can't control focusing only on the elements you can.**

# Public Talk

## Raising Emotionally Healthy Children

With Paul Gilligan

Being emotionally healthy is vital to our overall happiness and ability to live an enjoyable and fulfilling life. The evidence tells us that children who are emotionally healthy and psychologically resilient are less likely to experience emotional difficulties and are more likely to overcome these difficulties if they occur.

This presentation will explore the concepts of:

- **loving our child and how we can connect with and utilise this love to help our child to be an emotionally healthy person.**
- **How we can best prevent and manage the emotional difficulties our child might encounter**
- **Parenting as a journey of discovery through which we learn more about our child and ourselves each day.**

Throughout the evening there will be exercises, aimed at encouraging us to think about our special relationship with our child, their emotional wellbeing, our parenting approach and our own emotional wellbeing.

**Paul Gilligan** is a clinical psychologist and Chief Executive of St. Patrick's Mental Health Services, the largest independent provider of mental health care in Ireland. He is an internationally recognised children's rights and child protection advocate and provides consultancy services to a number of child protection organisations in Ireland and Europe. He is former Chairman of the Children's Rights Alliance and Vice-Chairman of the National Children's Advisory Council. He is also former President of the Psychological Society of Ireland. Before taking up his current post with St. Patrick's, he was Chief Executive of the ISPC. He is the author of "Keeping Your Child Safe" and "Raising Emotionally Healthy Children" and is a regular contributor to T.V., radio and print media.

<b>Date</b>	<b>Wednesday 14th October</b>
<b>Time</b>	<b>7pm – 8.30pm</b>
<b>Venue</b>	<b>Clarion Hotel, Sligo</b>
<b>Register</b>	<b>Email: <a href="mailto:info@alive2thrive.ie">info@alive2thrive.ie</a></b>
<b>Cost</b>	<b>Free! Sponsored by Sligo Mental Health Association</b>

## Wellbeing Walk

Using the easy, free and accessible activity of walking to promote positive mental health and well-being through physical activity.

<b>Organisation</b>	<b>The Mall family Resource Centre</b>
<b>Date</b>	<b>Monday 5th October</b>
<b>Time</b>	<b>10am - 11am</b>
<b>Venue</b>	<b>The Mall Family Resource Centre</b>
<b>Note</b>	<b>Meet at the Mall Family Resource Centre at 9.50am</b>
<b>Enquiries</b>	<b>Elizabeth King. Email: <a href="mailto:coordinatorsligofrc@gmail.com">coordinatorsligofrc@gmail.com</a></b>

## Social Soccer

Social Soccer is an initiative in Sligo where there is a game of indoor soccer every Tuesday afternoon from 1pm – 2pm and is open to men only. As part of this initiative, everyone is welcome to come along and take part in a 5-a-side blitz to mark World Mental Health Week. Social Soccer is supported by the HSE, Sligo Sport and Recreation Partnership, Sligo Rovers FC and the FAI and will be attended by current Sligo Rovers players on the day.

Organisation	HSE / Sligo Sport and Recreation Partnership
Date	Tuesday, 6th October
Time	12pm – 2pm
Venue	Knocknarea Arena, IT Sligo
Register	Email: Thomas.mcbride@hse.ie
Notes	Men Only

## Laughter Yoga

Laugh as you never have before. Feel refreshed, invigorated and relaxed. All are welcome to come along and experience the benefits of laughter - did you know that one minute of hearty laughter is equal to 10 minutes of rowing or jogging!

Session is led by a qualified instructor and is guaranteed to be great fun.

Organisation	Sophia Housing Association
Date	Wednesday 7th October
Time	2pm – 2.45pm
Venue	Limeview Sophia, Emmett Street, Tubbercurry
Contact	Telephone Carol: 0879685919 or Email: cmcloughlin@sophia.ie
Cost	Free!

## Five Ways to Wellbeing Workshop

Exploring the five actions which can help to improve our wellbeing.

Organisation	Health Promotion, HSE
Facilitator	Mike Rainsford
Date	Wednesday 7th October
Time	3pm – 4pm
Venue	Limeview Sophia, Emmett Street, Tubbercurry
Contact	Telephone Carol: 0879685919 or Email: cmcloughlin@sophia.ie

**TIP: Be Optimistic.** A positive, hopeful outlook will make you much more resilient. Many of the problems you'll face in life are temporary; you have overcome setbacks in the past and you will overcome them again.

## Mind Calm

MIND CALM is the modern-day meditation technique that gives you 'peace with mind'. Instead of having to stop your thoughts, get rid of your emotions or change your body and life BEFORE you can enjoy serenity and success. Mind Calm is all about accessing your inner source of calm, clarity, confidence and contentment - NOW. This is an introductory workshop which will allow you to experience the simple Mind Calm meditation technique allowing you to feel more peace, happiness, confidence, and calm no matter the life situation.

Organisation	Sophia Housing Association
Facilitator	John Graham
Date	Wednesday, 7th October
Time	4.30pm – 6pm
Venue	Limeview Sophia, Emmett Street, Tubbercurry
Register	Telephone Carol: 0879685919 or Email: cmcloughlin@sophia.ie
Cost	€5

## Well Being Walks

Using the easy, free and accessible activity of walking to promote positive mental health and well-being through physical activity. The walks are led by a qualified instructor and are guaranteed to be great fun.

Organisation	Sligo Sport and Recreation Partnership
Enquiries	Enquiries to Shane Hayes: shane@sligosportandrecreation.ie
Venue	Hazelwood, Wednesday, 7th October, 11.00am, Doorly Park, Friday, 9th October, 11.00am,
Note	There is a bus organised to bring people from Sligo town to Hazelwood for the Wednesday Well-Being Walk. Please contact Shane Hayes to book a place. Meet at SSRP Offices, Riverside (beside County Council) for both walks on Wednesday and Friday

## Outdoor Gym Workshop

The outdoor gym programme is very similar to an indoor gym, with equipment for cross training and strength training. The equipment is installed outdoors so it is robust and weatherproof. This Gym provides a great opportunity for everyone, including people with disabilities to enjoy fitness and healthy active living for free. Session is led by a qualified instructor and is guaranteed to be great fun.

Organisation	Sligo Sport and Recreation Partnership
Date	Thursday 8th October
Time	11.00am -12.00pm
Venue	Doorley Park
Register	Email: shane@sligosportandrecreation.ie
Note	Meet at Doorly Park car park (beside playground) at 11.00am



## Yoga Introduction Class

Yoga energises the body, mind and spirit. Physically, it strengthens the body by developing greater flexibility and balance. Psychologically, yoga sharpens the intellect, aids concentration and steadies the emotions. Sligo Yoga Centre is exclusively an Iyengar Yoga centre and all of our teachers are Iyengar trained. The session will be led by a fully qualified and experienced teacher.

Organisation	Sligo Yoga Centre
Facilitator	John Callinan
Date	Thursday, 8th October
Time	12pm – 1pm
Venue	Sligo Yoga Centre, 42 Castle Street, Sligo
Register	Email: <a href="mailto:thomas.mcbride@hse.ie">thomas.mcbride@hse.ie</a> Booking is essential. Limited spaces.
Cost	Free: Sponsored by Sligo Yoga Centre

## Laughter Yoga

Laugh as you never have before. Feel refreshed, invigorated and relaxed. All are welcome to come along and experience the benefits of laughter - did you know that one minute of hearty laughter is equal to 10 minutes of rowing or jogging!

Session is led by a qualified instructor and is guaranteed to be great fun.

Organisation	Tubbercurry Family Resource Centre
Facilitator	Keeverina Hannon
Date	Wednesday, 14th October
Time	12pm – 1pm
Venue	Tubbercurry Family Resource Centre
Cost	Free
Register	Email: <a href="mailto:info@tubbercurryfrc.com">info@tubbercurryfrc.com</a> Booking is essential.

## Want Help With Boosting Your Wellbeing?

There are many groups and organisations spread throughout the county of Leitrim which play an active role in helping people along the path to better mental wellbeing. Here are just some of those that may give you the kick start you need to move along that journey. Check out...

**Sligo County Libraries** aim to provide a responsive, accessible and inclusive library service for all customers, which fosters reading, stimulates the imagination and contributes to lifelong learning and cultural recreation. Sligo Libraries are committed to supporting learners through the provision of quality library collections, which include books, newspapers, audio-visual materials, DVDs, maps, information leaflets, free internet service, children's and schools library service, multicultural services, computer classes and much more. The overcoming series of self-help books which promote resilience are available to members. For more information on any of the services listed above, please contact your local library or visit our website [www.sligolibrary.ie](http://www.sligolibrary.ie)




**Sligo Sport and Recreation Partnership** aims to increase the number of people involved in sport or physical activity in Sligo. We organise sports programmes and activities for all age groups and for different population groups eg. Men, women, people with a disability, older people. We also offer Leadership and training courses with the aim that physical activity leaders will be equipped with the necessary knowledge and skills to plan, organise and lead sessions and ensure that we provide a safe, positive and nurturing environment. Phone 071 9161511 for information or check out our website [www.sligosportandrecreation.ie](http://www.sligosportandrecreation.ie)



**Sligo Volunteering Centre** provide a link between people interested in volunteering and non-profit groups looking for volunteers. We advertise for volunteers on behalf of 300+ non-profit groups in Sligo and we refer interested people to these groups. There are a variety of volunteering opportunities in Sligo available on this site from youth, tidy towns, working with people with disabilities, fundraising and helping animal charities. Visit the website at [www.volunteersligo.ie](http://www.volunteersligo.ie) and find a volunteering opportunity that suits you and register your interest. For more information, contact Phone: 071-911 1042 or email the Centre on [info@volunteersligo.ie](mailto:info@volunteersligo.ie)




**Sligo Mental Health Association** is a local voluntary organisation with a commitment to improving the mental wellbeing of those in our local community. We encourage working together to organise activities and events which promote positive mental health and also to provide support and friendship for those affected by mental health difficulties. We also run a social housing project to assist those with mental health challenges to live independently. If you are interested in volunteering with us, please contact [sligomha@mentalhealthireland.ie](mailto:sligomha@mentalhealthireland.ie) or call Gerry on 086 8054383



**Sligo Adult Guidance in Education** - Are you over 18 years of age and thinking about doing a course but not sure what to do or how to go about it? Then SAGE is for you! SAGGE is for adults who are considering returning to or continuing with education; are having difficulty in finding or keeping suitable employment due to lack of appropriate educational qualifications; wish to explore new forms of further education or training. For further information please contact Josephine on 071 9138411 for information or to make an appointment or visit our website [www.sligovec.ie/education/sage](http://www.sligovec.ie/education/sage)

## Mental Health Supports & Services



**Connecting with others is key! Sometimes we may need a professionally trained listening ear. Remember reaching out is a sign of strength....**

**GROW** helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental distress, or indeed, to prevent such happening. GROW has a national network of over 130 Groups in Ireland. Its principal strength is the support members give each other from their own experiences. Meetings are held on Tuesdays at 10.30am and Wednesdays at 7.30pm in St. Michaels Family Centre, Sligo. Phone Noeleen on 0868516939 for details

**TIP: Be imperfect. Accept and work with your flaws and imperfections – everyone has them! Be true to yourself and aim to do your best.**

**Aware** is a voluntary organisation founded to assist those directly affected by depression. Aware run support groups to help people gain a better understanding of their depression (and elation) and its impact on relationships, work or social life. The caring and supportive nature of the groups allows attendees to develop the confidence to identify mood changes at an earlier stage, and so minimise the disruption on daily life. A support group is held in Markievicz House, Barrack Street, Sligo on Wednesdays at 8pm. Website [www.aware.ie](http://www.aware.ie)

**Stop Suicide** - provides a safe, confidential place where you can safely talk about loss, stress, confusion, conflicts or other pain in your life. Our style of counselling is to listen, support and perhaps help you with insight to either change what is possible to change or to live more contentedly and creatively with that which is not. We will act to intervene with appropriate support, commitment and compassion. Call Stop Suicide on FREE PHONE 0867772009 / 1850 211 877. Lines are open Monday to Friday from 9am to 6pm.

**Group Analytic Psychotherapy** is a talk therapy which aims to achieve a healthier integration of the individual into his or her network of relationships. Through the group therapeutic experience the individual can come to a clearer understanding of how they interact and communicate in both their personal and working lives. The group process provides an opportunity to find out how we relate to others in the here and now and gives an opportunity to change unhelpful patterns of thinking. There is a small group starting soon in Sligo Town on Wednesday evenings. To enquire about this long term group: Phone John 087 9533146 or Email: [groupcanhelp@gmail.com](mailto:groupcanhelp@gmail.com)

**Social Prescribing** is about supporting the health and wellbeing of people, by using community-based activities and supports, such as exercise, art, reading or gardening. The programme is for people who feel that they need some support to mind your health and wellbeing or if you feel isolated, stressed, anxious or depressed. For more information, contact Thomas at 071-9135908 or Email [thomas.mcbride@hse.ie](mailto:thomas.mcbride@hse.ie)

**West Sligo Family Resource Centre** offers a range of services to children and families within the TUSLA model. The FRC also collaborate with HSE Health Promotion to promote and deliver projects which benefit the Physical and Mental Health and Wellbeing of the community in West Sligo. For further information contact Pat by Telephone: 0863895319 or Email: [pathfrc@gmail.com](mailto:pathfrc@gmail.com)

**Console Suicide Bereavement Liaison Service** welcome anyone affected by suicide to make contact with this service for support, or to learn about what services might be available to them. The Suicide Bereavement Liaison Officer can meet with a bereaved family (at their request) as a group or individually. Perhaps you may have specific questions about some of the difficult practical issues following a death by suicide. You may want guidance or assistance in accessing a therapeutic service, or even just to talk with someone locally, about what has happened. Email [anne.lynch@console.ie](mailto:anne.lynch@console.ie) or call 0871955990.


**GRASP** (Greater Responsibility and Awareness in Suicide Prevention) **Life Foundation**. The GRASP Foundation hold free outreach counselling services in Sligo, Donegal and Leitrim, bereavement support for those bereaved by suicide, and Education and awareness programmes. Contact 0874188053 /0876086276 /0863905999 [www.grasplifefoundation.ie](http://www.grasplifefoundation.ie) or [marymcternan8@gmail.com](mailto:marymcternan8@gmail.com).

**Mental Health Services** – some people experiencing mental health problems will be referred to the mental health services for treatment. You should always visit your GP in the first instance, who can then refer to the local mental health services if necessary. Contact number 071 9142111




**Samaritans Ireland provides confidential and non-judgemental emotional support for people who are experiencing feelings of distress. Please contact Samaritans (24 hours) on 116 123 for help.**

**THE MORE YOU MOVE THE BETTER YOUR MOOD**

Walking alone can sometimes be lonely. It's a common experience for many people.




Little things can make a big difference. Find out how today. [www.alive2thrive.ie](http://www.alive2thrive.ie)




116 123   

**PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM**

Walking alone can sometimes be lonely. It's a common experience for many people.




Little things can make a big difference. Find out how today. [www.alive2thrive.ie](http://www.alive2thrive.ie)




116 123   

**LENDING AN EAR IS LENDING A HAND**

Walking alone can sometimes be lonely. It's a common experience for many people.




Little things can make a big difference. Find out how today. [www.alive2thrive.ie](http://www.alive2thrive.ie)




116 123   

**DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS**

The morning can be a struggle. Getting up, getting dressed, and getting ready for the day can be a challenge.




Little things can make a big difference. Find out how today. [www.alive2thrive.ie](http://www.alive2thrive.ie)




116 123   

**IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM**

Friends can seem distant and hard to reach. It's a common experience for many people.




Little things can make a big difference. Find out how today. [www.alive2thrive.ie](http://www.alive2thrive.ie)




116 123   

**BOOST YOUR MOOD WITH HEALTHY FOOD**

Eating a healthy meal can boost your mood. It's a common experience for many people.




Little things can make a big difference. Find out how today. [www.alive2thrive.ie](http://www.alive2thrive.ie)




116 123   

**ADD FRIENDS TO YOUR TEA**

Walking alone can sometimes be lonely. It's a common experience for many people.



Little things can make a big difference. Find out how today. [www.alive2thrive.ie](http://www.alive2thrive.ie)


116 123   

**8 HOURS SLEEP MAKE THE OTHER 16 EASIER**

Getting good night sleep can make the other 16 hours of the day easier. It's a common experience for many people.



Little things can make a big difference. Find out how today. [www.alive2thrive.ie](http://www.alive2thrive.ie)

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