Looking after your mental health

How do you care for yours?



Train your soothe system: Various breathing techniques can calm both the body and the mind. Try to take some time out of your day to focus on your breath

Challenge your inner self critic: Talk to yourself as you would a good friend.

Schedule regular breaks: Refresh your mind by stepping away from your environment for a minute or two

Mistakes happen: Pobody is nerfect. We all make mistakes. It's how we learn and cultivate self compassion

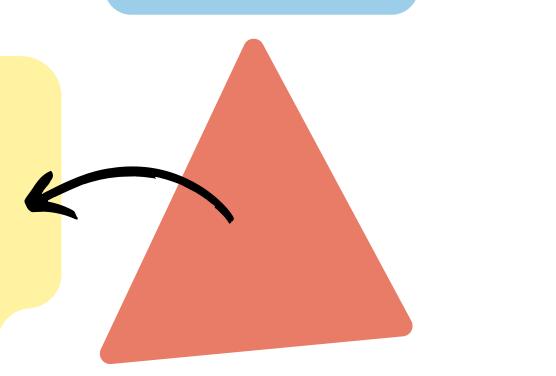
Tap into positive experiences: What's working well for you? What are you thankful for?

On-duty EAO available at 0818 008120
Monday – Thursday: 9am – 5.15pm Friday: 9am – 5pm
Appointments are available evening and weekends if required

Email: cseas@per.gov.ie www.cseas.per.gov.ie

Looking after your mental health

Being the best you can be





Support

Healthy Relationships

Self-Care and Self-Compassion

Energy and Movement

Sleep and Nutrition

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