

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: Nobody is perfect. 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

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