

**BE SOUND
BE SAFE!**

BE SOUND BE SAFE THIS JANUARY

The magic of Christmas is over for another year (or at least ten months), its dark, cold, rainy and there's not a huge amount to look forward to - Beat the January blues by following these top tips to support your mental health & wellbeing!

1



Physical activity

Physical activity can be very effective in lifting your mood and increasing your energy levels. A brisk walk with friends can be a great way to get some fresh air and release endorphins which will make you feel better.

2



Eat well

Having a varied, balanced diet can work wonders to improve your mood & is as important for your mental health as your physical health.

3



Make the most of the daylight

While it might not always seem appealing due to the cold weather, being outdoors in the sunlight can make you feel better and give you more energy. Exposure to natural light increases the levels of serotonin in the brain, which is associated with improved mood.

4



Get enough sleep

Maintain a healthy sleep routine. Try going to bed and waking up on a consistent schedule. Avoid electronics in the bedroom or watching television right before bed. A healthy amount of sleep can improve your mental and emotional resilience.

5



Set a realistic resolution

Lasting change doesn't happen overnight. Ease yourself into any planned new lifestyle to make sure the changes you're making are sustainable. Avoid making a resolution which leaves you feeling overwhelmed or anxious.

6



Ask for Help

We all need a helping hand sometimes and our mental health is no different. The proverbial saying "a problem shared is a problem halved" certainly rings true in this instance. Talk to a partner, family member, friend, or work colleague if something is bothering you to the point where it's negatively impacting your mental health. You can also avail of our free Employee Assistance Program by contacting 1800 995 955 or eap@vhics.ie

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