



Mental Health Ireland

Educating, Empowering & Connecting Communities



Building Wellbeing – Step by Step



Connect to the Five Ways to Wellbeing

Facilitator: Finola Colgan

Development Officer



Hello!

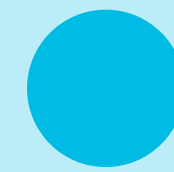
How are you?



Introductions



House Keeping



Group Agreement



Mental Health Ireland

As the longest running national mental health charity in Ireland, established in 1966, we:

- Promote Mental Health, Wellbeing and Recovery
- Work in Coproduction
- Have 10 Development Officers and 32+ Member organisations nationwide
- Have Peer Recovery and Education Staff
- Staff dedicated teams in Mental Health Promotion, Training & Education, Communications & PR, and Fundraising
- Partake in National, European and International Networks



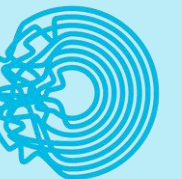
Our Mission is to educate, empower, and connect communities, creating a culture where everyone is treated with respect and supported, especially when our mental health is challenged.



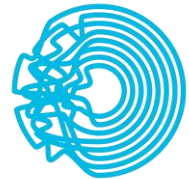
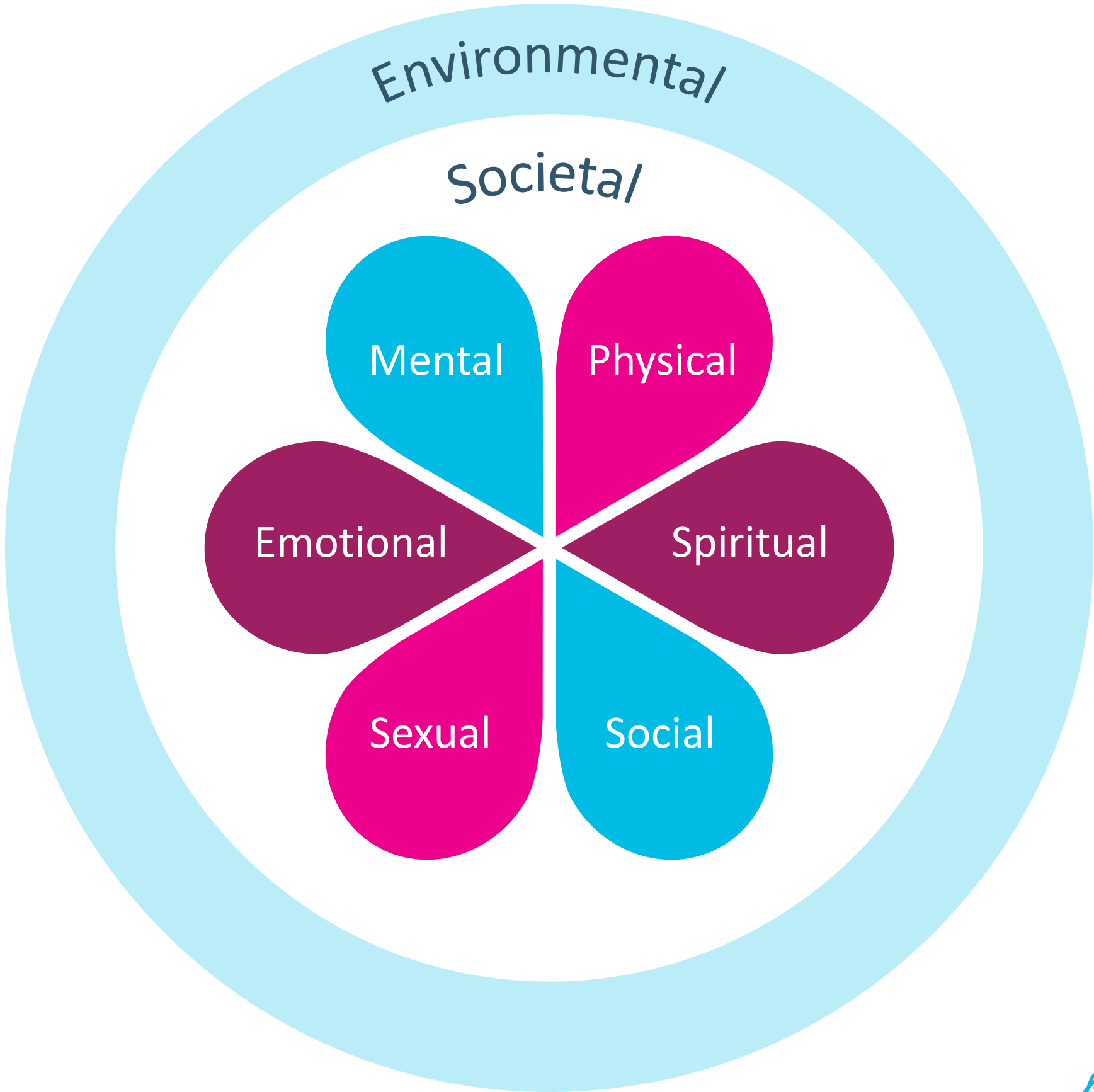
Aim of this Presentation

At the end of this session, we aim to:

- Equip you with the knowledge and the attitude required to understand and implement actions to support the application of the Five Ways to Wellbeing



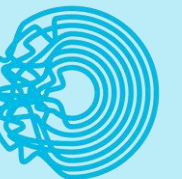
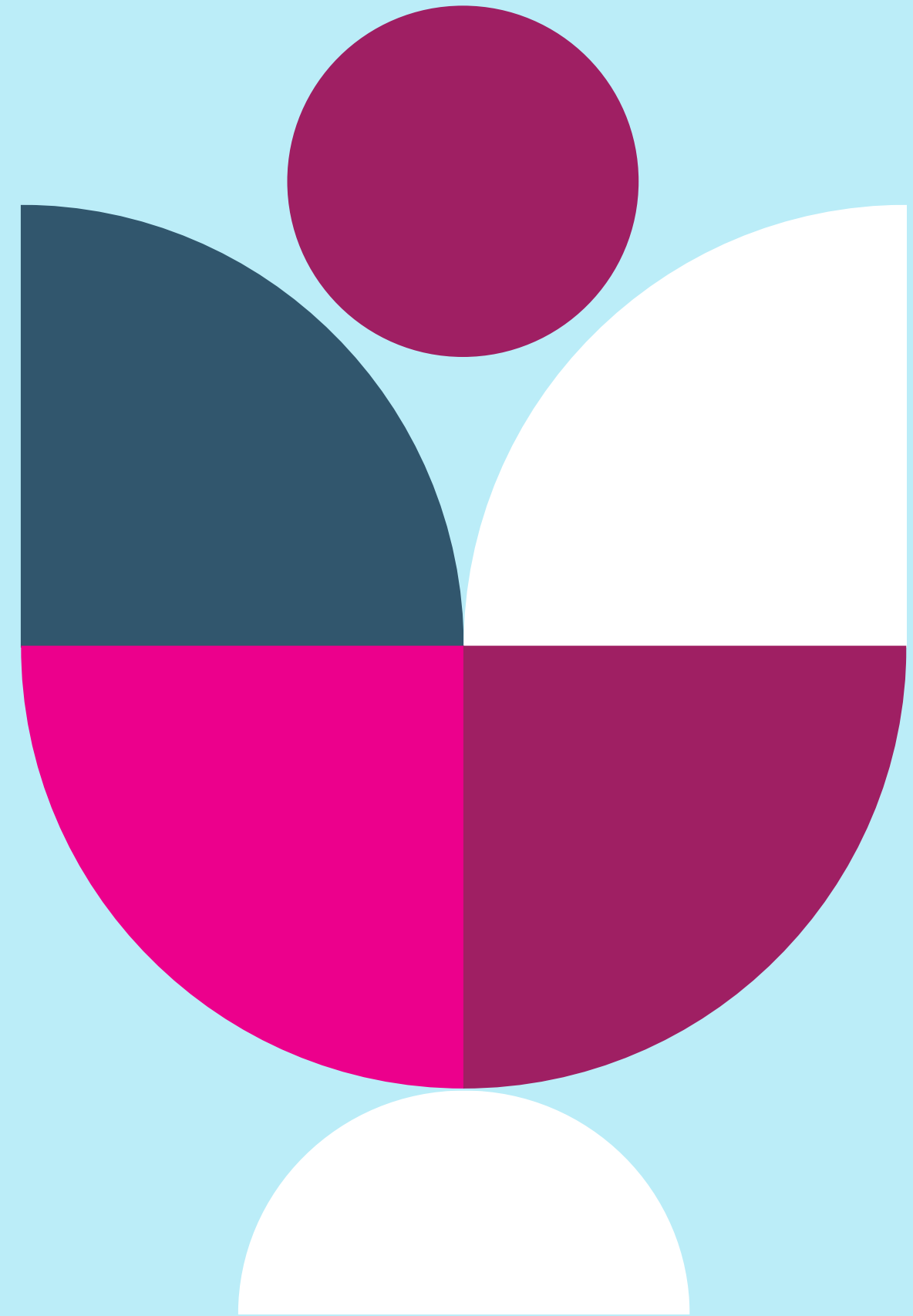
A Holistic View of Health



What is Mental Health?

Department of Health's Definition:

Mental health describes how we think and feel about ourselves and our relationship to others, and how we interpret events in everyday life. It also relates to our ability to cope with change, transition and significant life events, and to understand how to deal with the stresses that often come our way.



The 1,2,3 of Mental Health



Relationship
with Yourself

Confidence and
self-esteem



Relationship
with Others

Positive social interactions
and communications



Ability to Cope
with Life's Demands

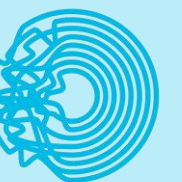
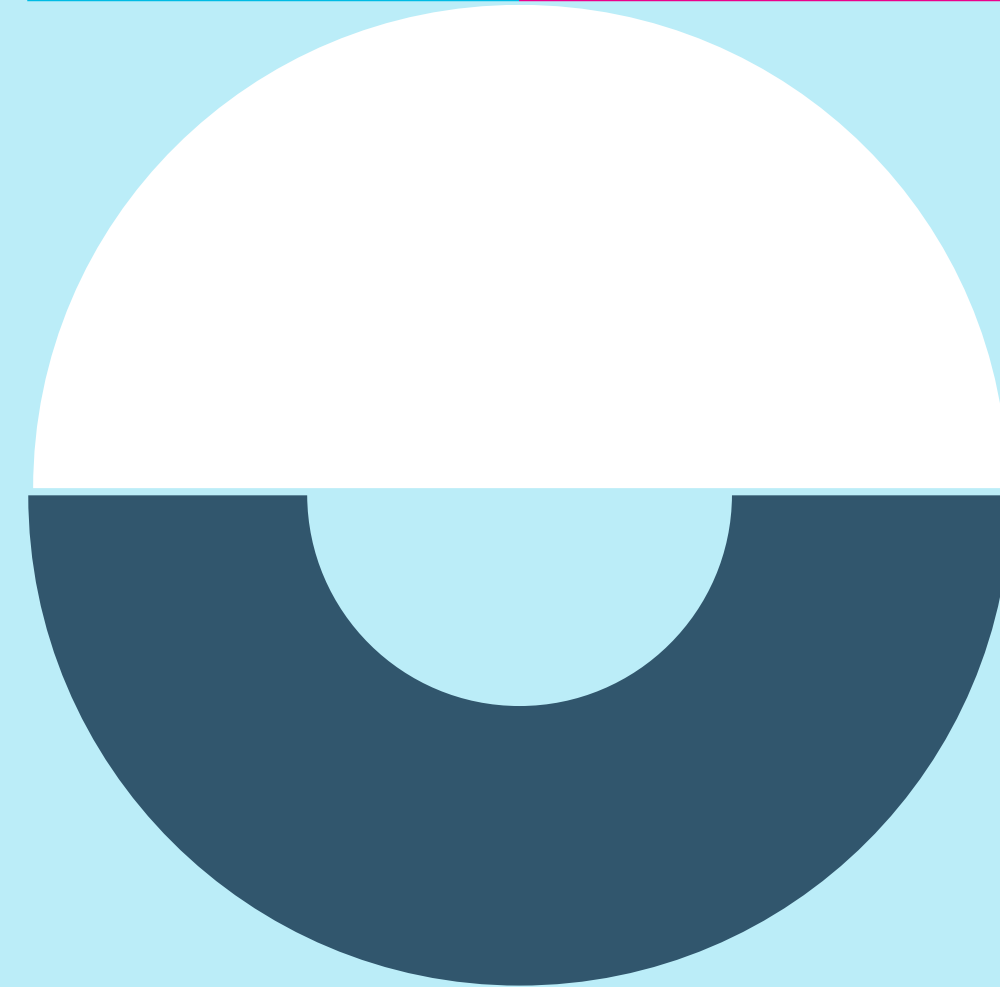
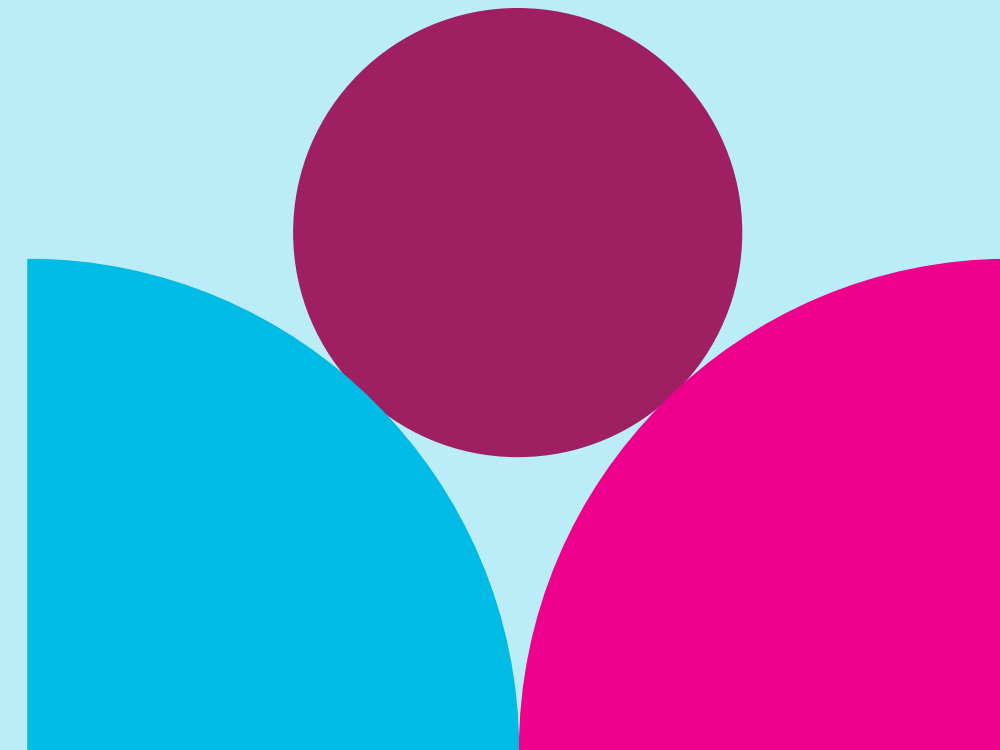
Healthy coping
mechanisms



What is Wellbeing?

World Health Organisation's Definition:

Wellbeing is present when a person realises their potential, is resilient in dealing with the normal stresses of their life, takes care of their physical wellbeing and has a sense of purpose, connection and belonging to a wider community. It is a fluid way of being and needs nurturing throughout life.



Let Us Explore the Five Ways to Wellbeing?

BE ACTIVE

TAKE NOTICE

KEEP LEARNING

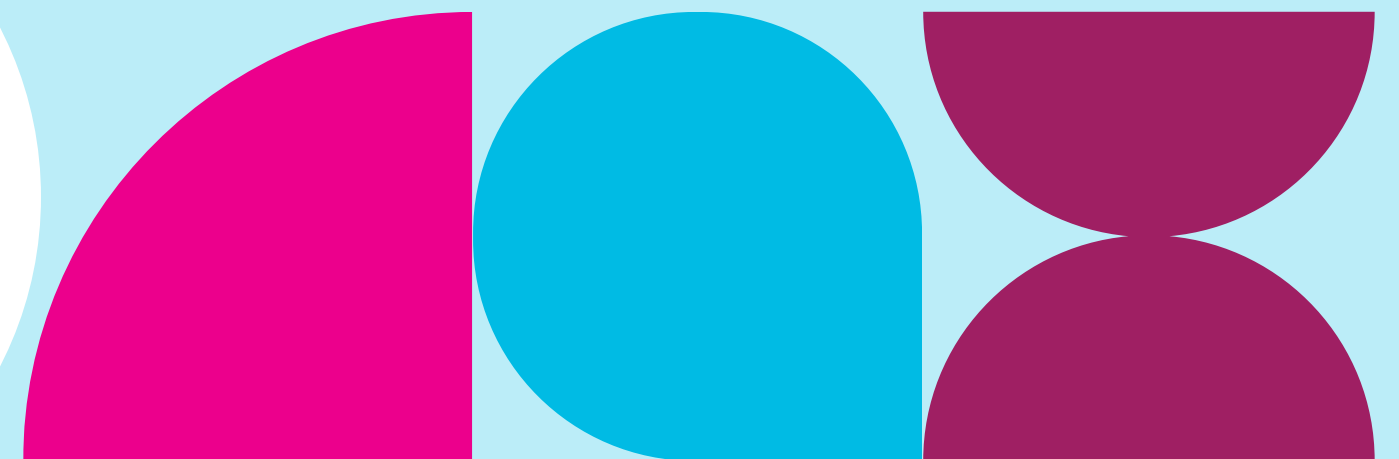
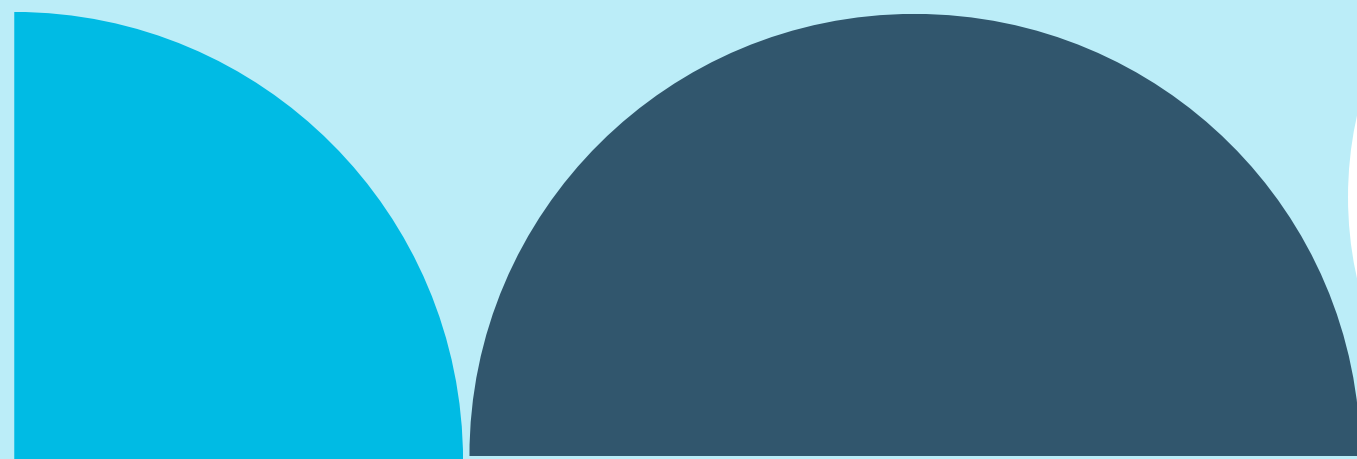
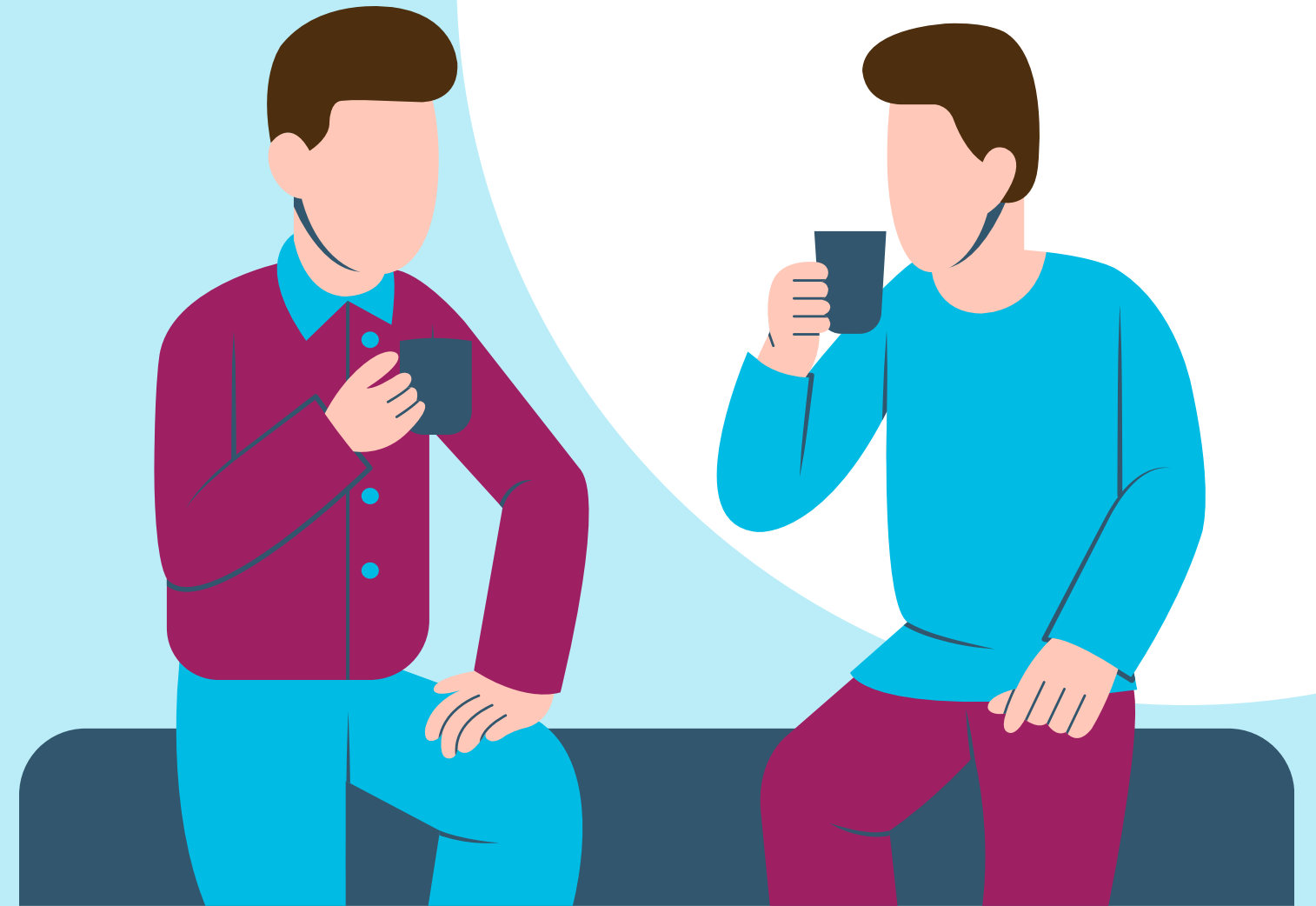
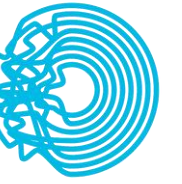
CONNECT

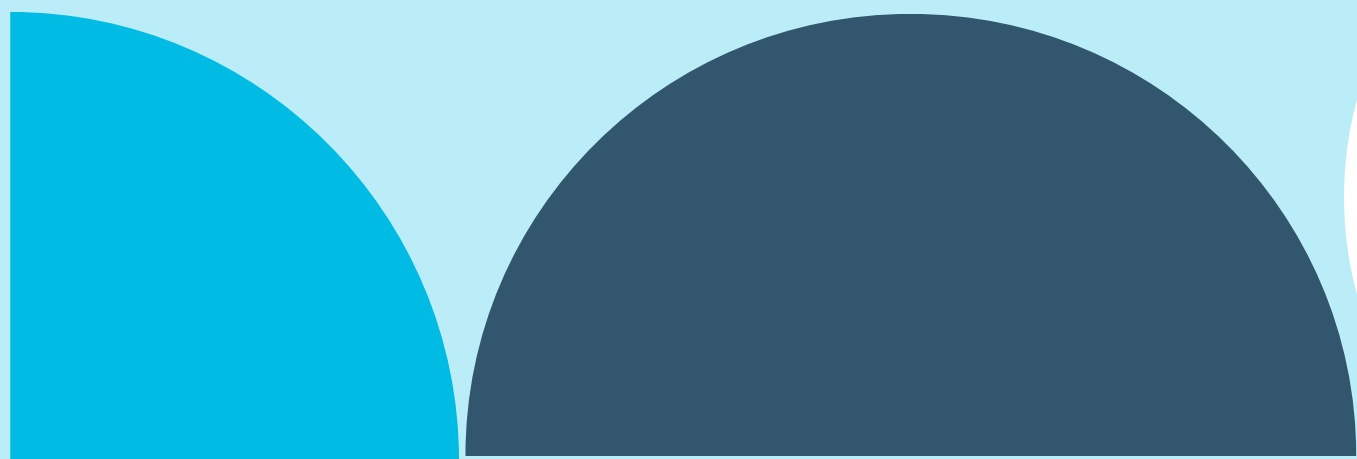
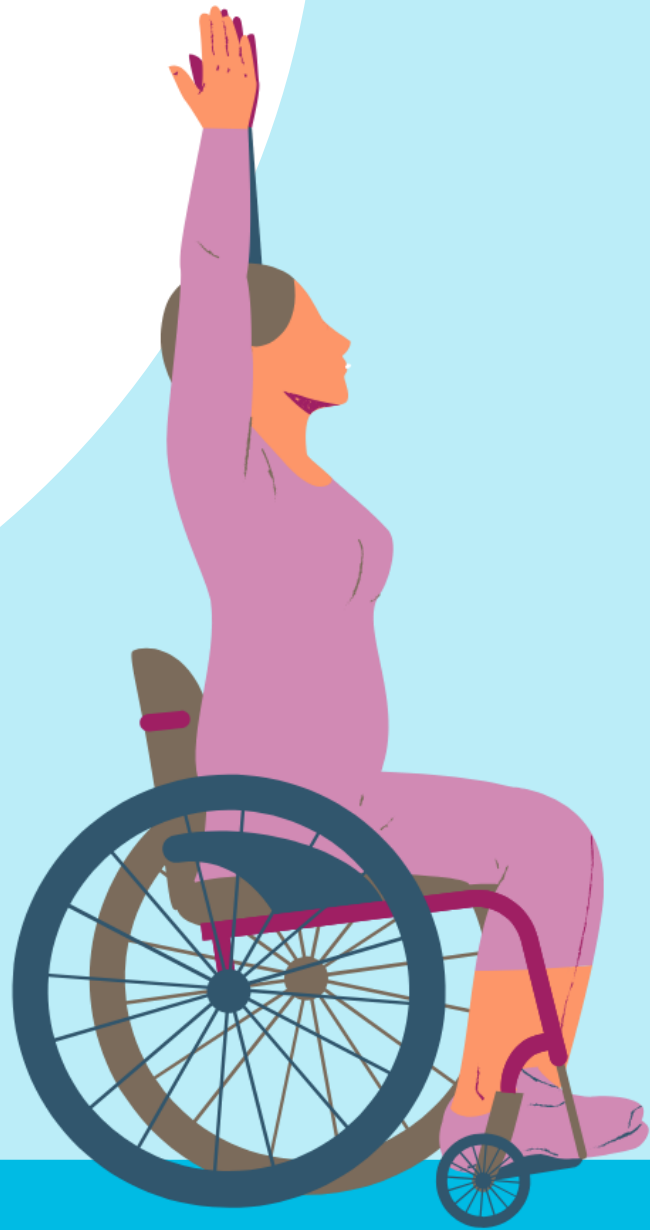
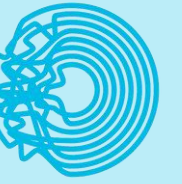


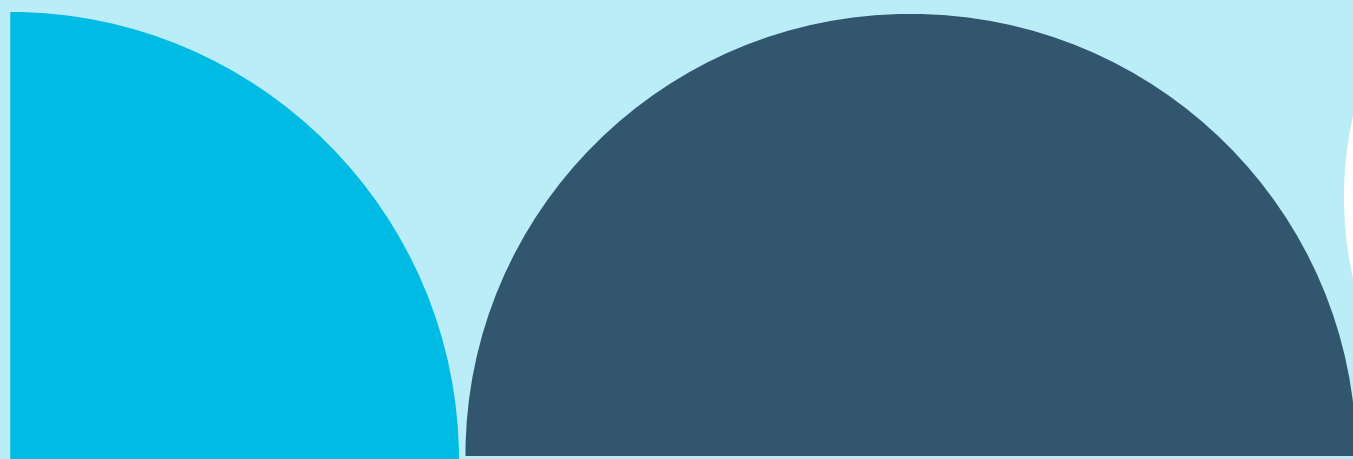
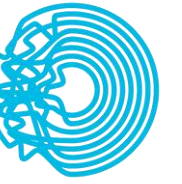
GIVE

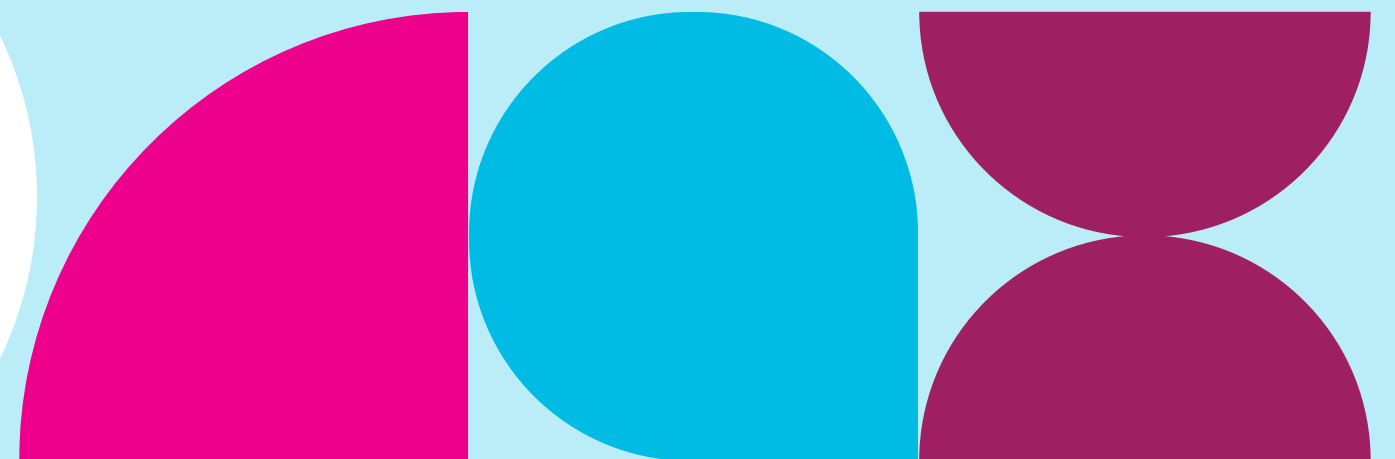
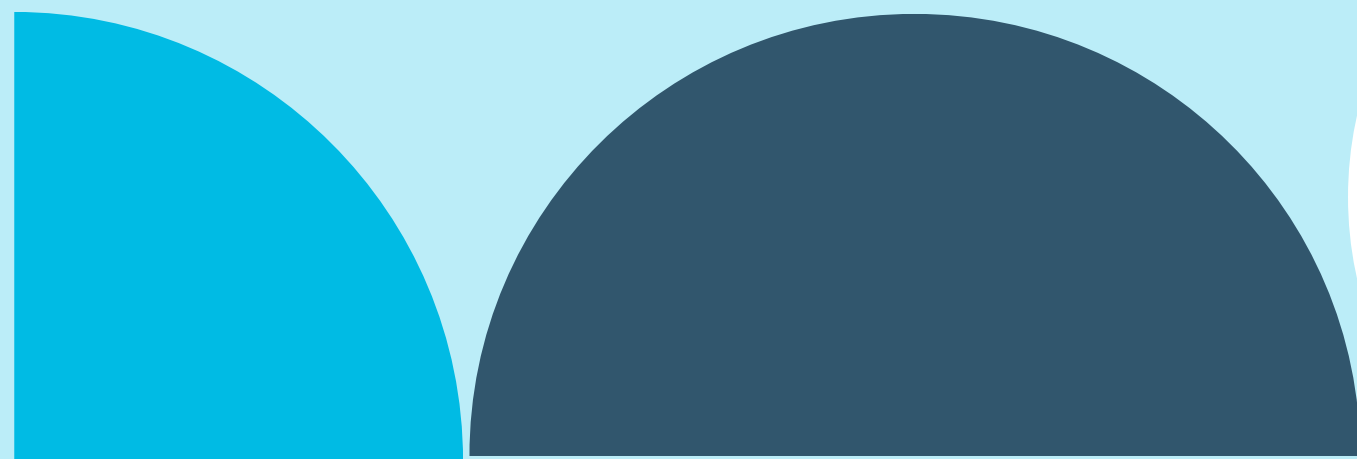
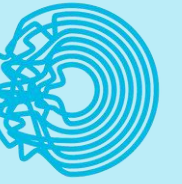
(New Economics Foundation, 2008)

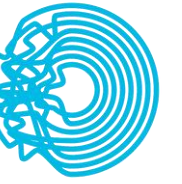














Connect

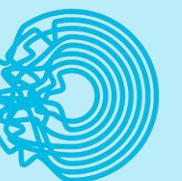


Aim of this Presentation Recap & Evaluation

Let us know!
Scan here

At the end of the session, are you now:

- Equipped with the knowledge and the attitude required to understand and implement actions to support the application of the Five Ways to Wellbeing



Thank you!



**Mental Health
Ireland**

Educating, Empowering &
Connecting Communities

Need support with mental health?



Please scan here or visit:
mentalhealthireland.ie/mental-health-services/