My Mind Matters
Tips for good mental health

- Take time for yourself.
- Set realistic goals and keep things in perspective.
- Spend time with people who make you feel good.
- Ask for help when you need it - if you are unable to talk to those close to you, call a Helpline.
- Be active every day in as many ways as you can.
- Avoid binge drinking - excess alcohol can increase anxiety and lead to depression.
- Dare to dream.
- Accept who you are and don’t judge yourself too harshly. Nobody is perfect, we all have our good points and bad.
- Talk about your feelings - talking is a sign of strength.

Mullingar Mental Health Association & aising.ie
Mental Health Ireland - 01 2841166
www.mentalhealthireland.ie

Someone to listen
Someone to talk to
For more sources of support and help visit www.aising.ie