

Managing your mental health

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Being mindful of your mental health and general wellbeing is something that should be done year-round, however, in recent times, looking after your mental health has become all the more important.

With Covid-19 changing the way we operate and leaving so many people more isolated than ever, mental health has become a priority for many people.

As we go through the various lockdowns in the hopes of seeing an end to the Covid-19 pandemic, it's important to ensure that we maintain a sense of normal life and ensure our mental health and wellbeing is being looked after in the meantime.

JOIN A CLUB OR GROUP

Keeping active, eating well, and drinking sensibly can also help improve mental health and wellbeing. Regular exercise will help you sleep, relax and feel better. Exercise helps reduce stress and boosts your energy levels. It can also be a good way to meet people and get more involved in your community.

Here, we feature some of the clubs in our area who welcome new members throughout the year - there has never been a better time to take up a new interest - why not try your hand at pitch and putt, golf or maybe give athletics a try.

Any exercise is useful, as long as it is suited to your ability and you do enough of it. Exercise should be something you enjoy. There are many different ways to exercise, so find something you like. Otherwise, it will be hard to find the motivation to do it every day.

A variety of online classes and videos can also help such as guided meditations, exercise classes, art therapy and much more, while also offering a sense of routine and offering something to look forward to on a daily or weekly basis.

The most important thing, however, is to reach out if you are struggling and speak to someone you know and trust, a professional, or even a Freephone line.

For those struggling with mental health issues, Freephone lines are available and ready to take your call, such as Pieta House on 1800 247 247 and the Samaritans Ireland on 116 123.

Keeping an eye out for friends and family who may be struggling and knowing the signs and symptoms associated with mental health issues can help those struggling.

While signs and symptoms may differ from case to case, generally feeling sad or down, confused thinking or reduced ability to concentrate, excessive fears or worries or extreme feelings of guilt, mood changes, withdrawal from friends or activities, and significant tiredness, low energy or problems sleeping, are all signifiers that someone may be struggling.