



# MENTAL WELLBEING AND

# Summer

Summer is finally here and for many it is a time for relaxation, holidays and enjoying social events. For others it can be a time that triggers feelings of being anxious, overwhelmed and stressed. People may feel pressured to look a certain way, go to events and live a spontaneous life. Having some back up plans and tools to ease that racing mind can help your mental wellbeing.



## GET OUTDOORS

The nice weather and fresh air is a great recipe for a clearer mindset. Get outdoors as much as you can to soak up vitamin D, the sunshine vitamin which is linked to better mood and decreased anxiety. Explore the natural surroundings we are blessed with in Ireland. Climb a mountain, discover new places, walk the beaches. Experiencing nature can give you a sense of calmness and a feeling of wellness.



## EAT WELL

Summer is the perfect time to start eating well. The warmer weather means salads and fruit are the lighter option and easy to prepare. When it comes to mental health, what you eat can play a huge role in how you feel. A balanced diet rich in fruit, wholegrain cereals, nuts, seeds and vegetables will ultimately lead to being healthier both physically and mentally.



## SET A GOAL

Set yourself a challenge this summer, be it a race or taking on something that both excites and scares you. Working towards something can give you a great sense of achievement. Putting energy into something new can enable a sense of focus and determination. Stepping outside of your comfort zone can be an exhilarating experience with the possibility of making new connections and finding a new hobby.



## PLAN A HOLIDAY

Booking some time away can do the world of good for your mental health. Taking time away from the stress of work, the hustle and bustle of daily life and making time to relax can be beneficial. When you are annual leave, take time to yourself. Time away from work should be used to do the things you enjoy the most. We often spend our time making sure others are looked after before ourselves. Practice self-care, whatever it is for you. Read a new book, have the spa day, do whatever makes you feel good. Ensure time is taken to look after yourself before knuckling back down into work life.



## PRACTICE MINDFULNESS

Mindfulness is simply paying attention to what is happening in that very moment and experiencing it without judgement. Generally as humans we are either in the past or the future, but rarely in the present. Stop worrying about what has been and gone. Cherish the moments and memories made over the summer, enjoy them for what they are and embrace the now.



## SPEND TIME WITH FRIENDS AND FAMILY

Reach out to those who you care for, let them know you are there for them, listen to people. If you are struggling let people know, oftentimes by speaking about how we feel, we can feel a weight off our shoulders. Having strong social connections can contribute to positive mental health. Knowing you have a group of people you can rely on when times are tough can bring a sense of comfort.