

Healthy Clare Newsletter

December 2022



Clare



www.clarecoco.ie/services/community/healthy-clare/



healthyclare@clarecoco.ie

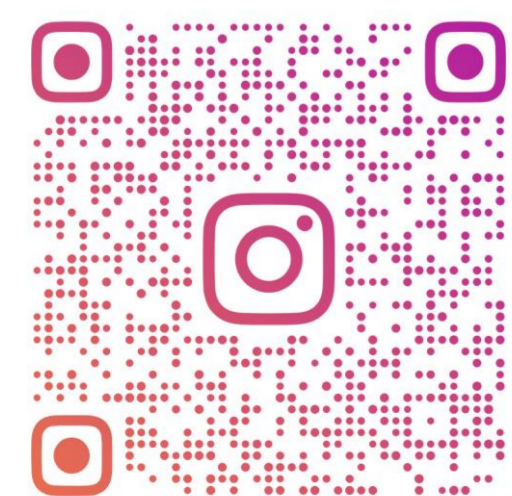
Follow us on Social Media



[@HealthyClareIRL](https://www.facebook.com/HealthyClareIRL)



[@healthy_clare](https://twitter.com/healthy_clare)



HEALTHYCLAREIRELAND

[@healthyclareireland](https://www.instagram.com/healthyclareireland)

Healthy Clare Calendar

[@HealthyClareIRL](https://www.facebook.com/HealthyClareIRL) [@healthy_clare](https://twitter.com/healthy_clare) [@healthyclareireland](https://www.instagram.com/healthyclareireland)

2023

COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

LCDC
Local Community Development Committee

An Roinn Sláinte
Department of Health

pobal
government supporting communities

SUSTAINABLE DEVELOPMENT GOALS
3 GOOD HEALTH AND WELLBEING

A Note from the Healthy Clare Team

We would like to wish you all a Happy and Healthy Christmas and New Year from all the Healthy Clare Team.

Our Healthy Clare Health and Wellbeing Calendar is ready.

If you would like a copy please visit or email healthyclare@clarecoco.ie

Healthy Ireland Survey 2022 Launch Monday, 5 December at 2.30pm

Findings on key topics of the survey will be presented & will be followed by a Q&A

These topics include

- general health
- tobacco and alcohol use rates
- obesity and weight management
- health service use
- menstrual health and period poverty,
- skin protection behaviours and
- health behaviours during the Covid-19 pandemic.

Register [here](#) to attend event online.

Physical Activity



Rialtas na hÉireann
Government of Ireland

It's My Time is a campaign for women over 40 who feel like there's just not enough time to add movement, exercise and their favourite pastimes into their day-to-day.

Visit <https://www.sportireland.ie/itsmytime> for

1. Education Workshops on how to look after different parts of your body

www.sportireland.ie/itsmytime/education-workshops

2. Exercise Tutorials

www.sportireland.ie/itsmytime/exercise-tutorials

3. Diet & Nutrition

www.sportireland.ie/itsmytime/diet-nutrition

FREE Pilates for Beginners Videos

Benefits of Pilates

- Improved Flexibility
- Builds Muscle Tone

- Increased Strength
- Improved Posture
- Enhanced Core Stability

Go to HSE Health and Wellbeing on YouTube

Exercise is a great way of staying physically and mentally healthy. Even a small amount of activity can improve how you feel. Visit <https://www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/> to view the HSE's suite of FREE Online exercise videos

WINTER INITIATIVE

ONLINE EXERCISE SERIES

A major new national campaign has been launched to get as many people as possible out exercising and participating in physical activity this winter.

Running across November, December and January the Winter Initiative encourages participants to set goals and track their minutes of activity weekly aiming to hit 90mins per week.

Lots of great programmes being rolled out at the minute with the Winter Initiative!

Find a programme that interests you here:

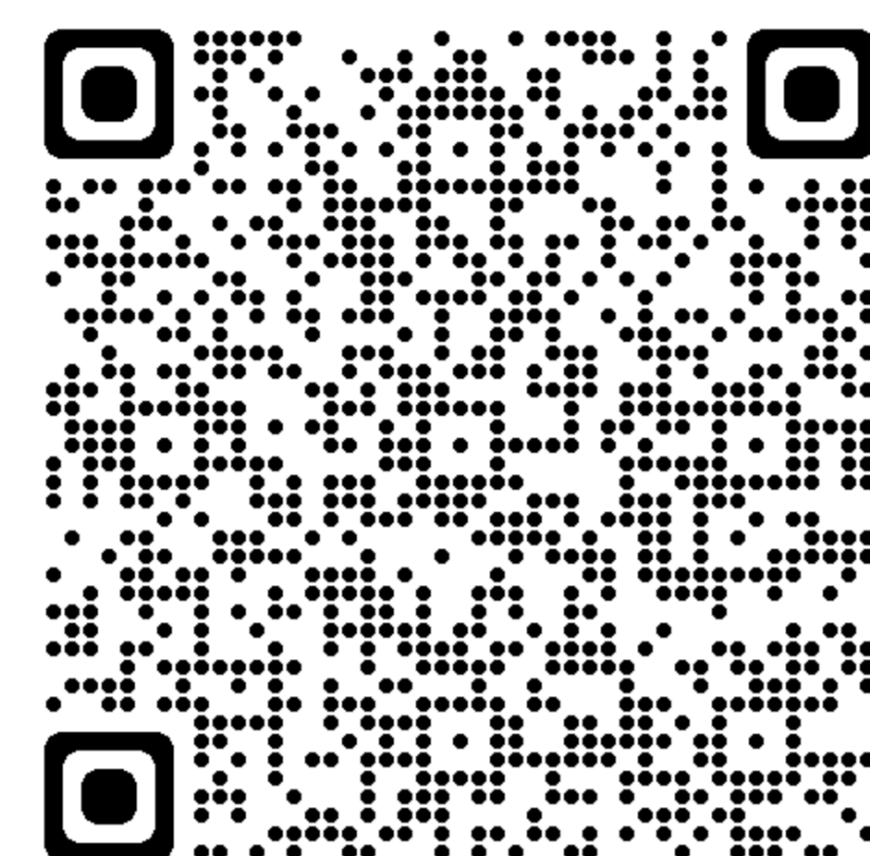
<https://claresports.ie/winter-initiative/?fbclid=IwAR2EsM7Lz3J2MJ5pceNMzL5sAiT58LXn8J4BpBUj-K4eWTv3NPov13LJ4zs>

Mental Health



Information Booklet for
Parents supporting their
children through times
of conflict and change

Scan QR Code
for Ukrainian
version



www.clarecare.ie

This information was developed by the Clarecare Family Support Service with the support of HSE Primary Care Psychology Service and the Tusla PPFs service. We would like to thank Alina Senkova and Tanya Palamar for generously giving their time and valuable feedback to the content of this booklet. The Healthy Ireland fund supported the production of this booklet. Hard copies available from CLARECARE and Clare Libraries. www.clarecare.ie/wp-content/uploads/2022/11/Parents-supporting-Children-Booklet-2022-ENGLISH-web.pdf



1800 111 888

yourmentalhealth.ie

Information Line
1800 111 888

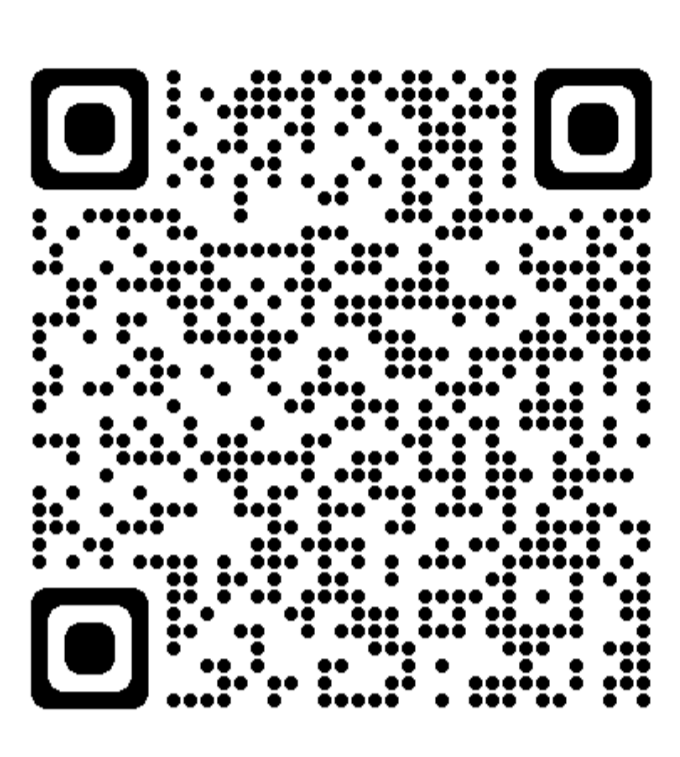
<https://www2.hse.ie/mental-health/>



Proudly funded by



Need to
talk about
**MENTAL
HEALTH?**
or simply just need to TALK?



Find the service you
need **close to you.**

The **Heads UP Clare** website provides the details of mental health services for the **ages of 12-24 years** in your area as well as other youth services and lets you hear about other young people's experiences.



You are not alone.

How can we help?

We want to connect **children & guardians** to the right mental health support in your county/area so you can make that first important step to reach out for support.

You can find:

- Counselling Services
- Online Guidance
- One 2 One Support
- Group Support
- Emergency Services

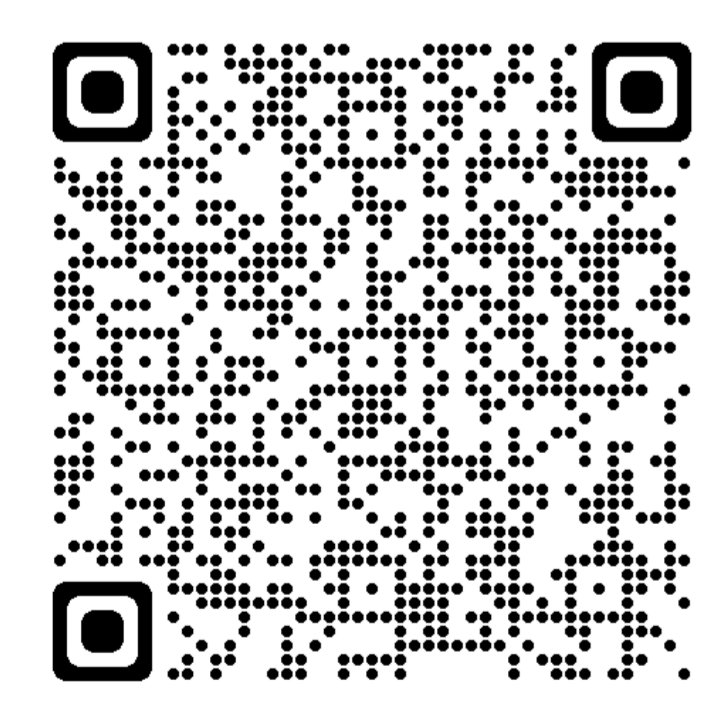
Help is closer than you
think, so **HEADS UP!** For More Information
www.headsupclare.ie

<https://headsupclare.ie>

Mental Health



Mental Health & Family Caring: Supporting the Supporters



Supporting families to look after their own wellbeing while caring for a person living with a mental health challenge.

Mental Health Ireland and Family Carers Ireland have coproduced the 'Mental Health & Family Caring: Supporting the Supporters' booklet to help support families to look after their own wellbeing while caring for a person living with a mental health challenge.

To view a range of Mental Health Ireland's booklets and resources visit

www.mentalhealthireland.ie



Minding Your Wellbeing
Take a positive approach to your mental health



The [Minding Your Wellbeing programme](#) is an evidenced based programme focusing on the promotion of mental wellbeing

What does the Minding Your Wellbeing programme consist of?

The programme consists of 5 video sessions (20 mins).

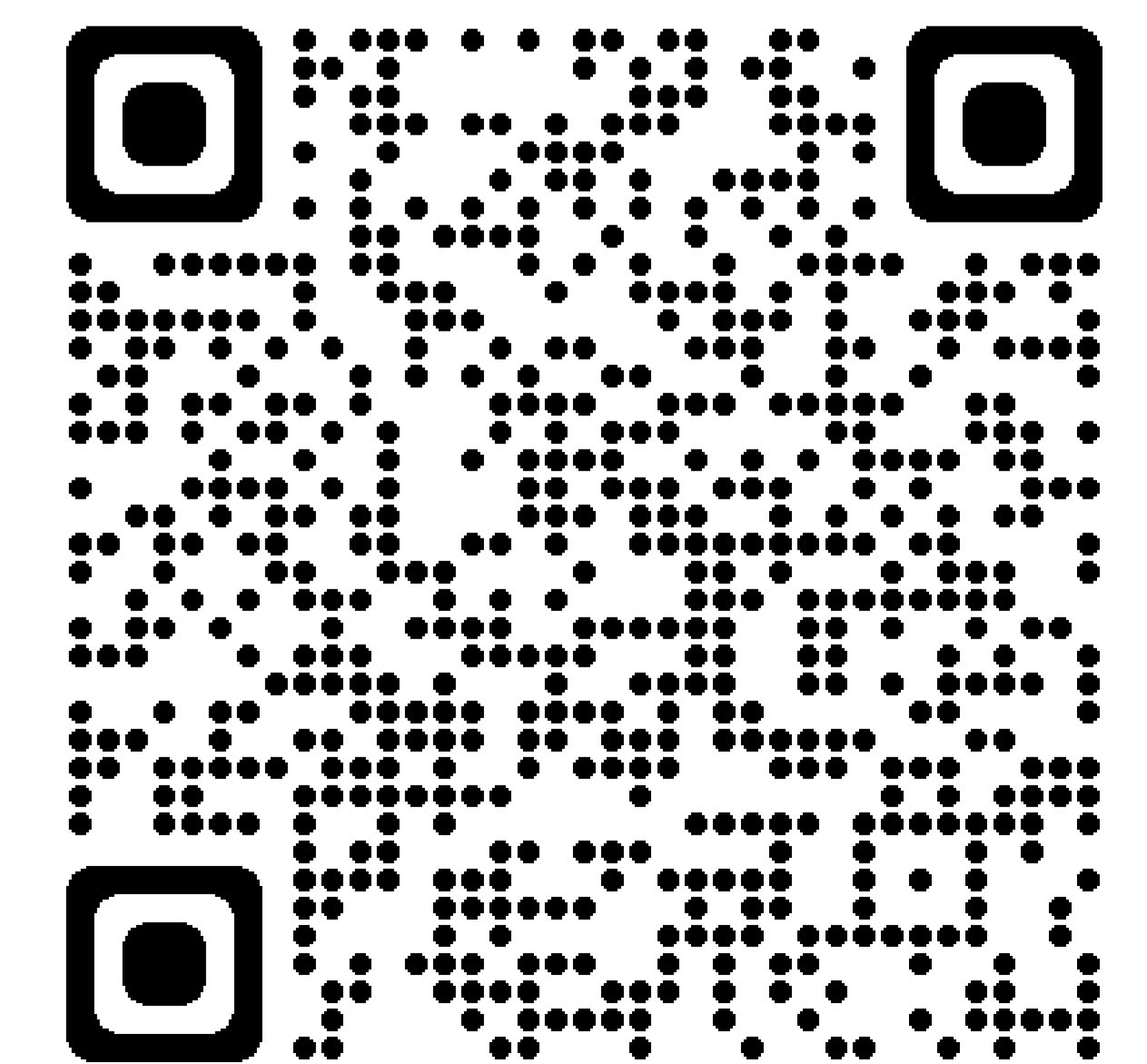
The content focuses on:

1. practicing self-care
2. understanding our thoughts
3. exploring emotions
4. building positive relationships and
5. improving resilience,

All of these are important for mental health and wellbeing

Visit www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html for details.

Scan to view the videos





Connecting for Life
Mid West



text about it
50808

Whatever you're facing this holiday season We're here to listen

Call free day or night on **116 123**

Email jo@samaritans.ie

SAMARITANS

samaritans.ie

Supports & Services over Christmas 2022

Are you, or someone you know, in crisis now and need someone to talk to?

If you are worried about yourself or someone you know, it is important to get help as soon as possible. **PLEASE DO NOT BE ALONE.** Everyone needs help from time to time and in fact, asking for help is a sign of personal strength. Do one of the following;

Your GP/Mental Health Team	Make contact with your own GP or Mental Health Team and let them know what's on your mind.
Shannondoc	Out of Hours GP Service 0818 123500
Domestic Abuse Services	<ul style="list-style-type: none"> • Adapt - Limerick. Open all over Christmas 1800 200504 (24 Hr) • Clare Haven - Clare. Open all over Christmas 065 6822435 • Ascend - Tipperary. Closed 23rd Dec to Jan 3rd Helpline 0505 23999
Local HSE Mental Health Crisis Intervention Service.	<ul style="list-style-type: none"> • Clare: 065 6863208 / 087 7999857 (4.30pm to 3.30 am) • Limerick: 061 482120 (24hrs) • Tipperary 086 830 6663 (4.30 pm to 3.30 am)
Emergency Services	999 / 112
Pieta:	<p>Helpline 1800 247 247 will operate all through Christmas 24 hours per day</p> <p>Or text HELP to 51444 and a fully qualified psychotherapist will respond.</p> <p>To make an appointment contact 0818 111 126.</p>
Suicide Bereavement Support	<p>Clare Suicide Bereavement Support: 087 3698315 086 0565373</p> <p>Pieta Suicide Bereavement Liaison Service: Call the Helpline 1800 247 247</p>
General Bereavement	Irish Hospice Foundation 1800 807 077
Samaritans	Listening service: 24/7 Freephone helpline 116 123 for Ireland/UK
ISPC Childline	Listening service for children up to 18 years old
50808	24/7 Freephone helpline 1800 66 66 66 / Text TALK to 50101
National LGBT+ HelpLine	<p>50808 is a free 24/7 text service providing everything from a calming chat to immediate support. Free: text YMH to 50808 to begin.</p> <p>Freephone 1800 929 539 Monday to Thursday: 6:30pm to 10:00pm, Fridays: 4:00pm to 10:00pm, Weekends: 4:00pm to 6:00pm</p> <p>Closed 25th & 26th December & January 1st</p>
HSE Drugs & Alcohol Helpline	1800 459 459 email support service (helpline@hse.ie)
Website	Information re services and mental health topics - www.yourmentalhealth.ie or call 1800 111 888
Counselling MyMind low cost/ no cost counselling support	0818 500 800 / https://mymind.org

Eating Well

What to do for a Stress FREE Christmas





Things to do in early December

1. Plan the menu
2. Check what you have in your kitchen cupboard
3. Save your stale bread

The week before Christmas day

4. Get the fridge ready
5. Make a to do list and delegate the jobs
6. Make gravy
7. Part-prep the roast potatoes
8. Make the stuffing

Three days before Christmas

9. 22nd December is turkey time
10. Prep the veg
11. Have ham for dinner on Christmas Eve
12. Use ready-prepared foods

What to do on Christmas day

All going to plan, on Christmas day all you'll have left to do is put the turkey in the oven, set the table, and when the turkey is done and is resting, glaze the ham and pop it in the oven, cook the pre-prepped vegetables and reheat the gravy.

You want to relax and enjoy yourself on Christmas day, not spend every minute in the kitchen. So take a moment to plan ahead for fun and family time.

Check out Safefood's '12 things' you can do to get ahead for a less stressful Christmas holiday.

www.safefood.net/christmas/get-ahead

Eating more fruit and veg



Why are fruits and vegetables so important?

Not only are they colourful and add flavour and texture to our diet, fruit and veg are also packed with vitamins, minerals and fibre to help keep us healthy.

What counts towards your 5-a-day?

Fresh, frozen, tinned and dried all count. A small glass (150ml) of fruit juice or smoothie a day counts as one (and no more) of your 5-a-day. Potatoes are counted as a starchy food and not towards your 5-a-day.

www.safefood.net/family-health/more-fruit-veg

What is a healthy snack?



For a light snack:

- A piece of fruit
- Vegetable sticks
- A small pot of yoghurt
- Small handful of nuts or seeds
- Small bag of popcorn

www.safefood.net/healthy-snack

Drugs, Alcohol and Smoking Supports

QUIT.ie

Call 1800 201 203



**Do you want help
to quit smoking or vaping?**



**FREE
LOCAL
SUPPORT**



Contact your local stop smoking advisor for support
065 6865841
quit.midwest@hse.ie



Quit Mid West



**INVITING PARENTS
FROM WEST CLARE TO AN
INFORMATION EVENING.**



**WHEN: 01/12/22
6:30 -8PM**

**WHERE: KILRUSH YOUTH CENTRE
FAHY'S ROAD
KILRUSH
CO. CLARE
V15KH94**

**ORGANISED BY CSMT AND SUPPORTED
BY CLARE YOUTH SERVICE, CLARECARE
AND THE WEST CLARE FAMILY
RESOURCE CENTER.**



Exploring positive mental health and substance misuse including;

- Peer pressure and refusal skills
- Vaping
- Tobacco
- Alcohol
and other substances

Come along to avail of support services being offered.

Refreshments teas/coffees will be provided



For more info.
Contact CSMT's
Teresa Walsh on
086 416 3508 &
Christine Hefferman
086 414 1890

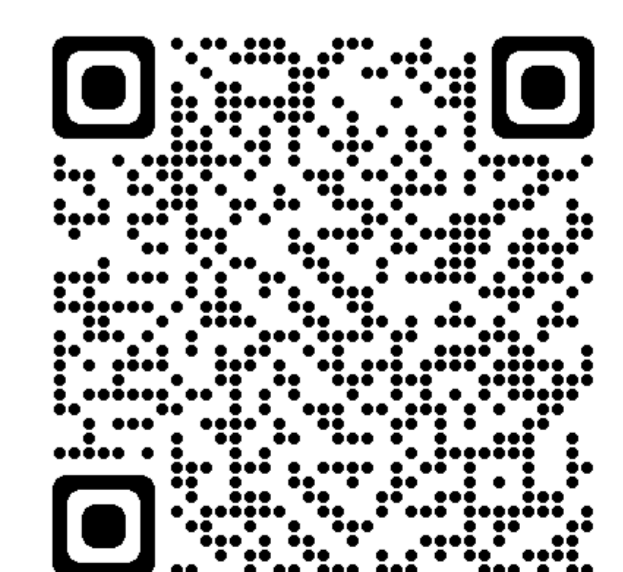
Quit Mid West is the HSE's stop smoking support service in the Mid West, and offers free support and advice for quitting smoking. You can meet your Stop Smoking Advisor at a face to face clinic, by tele-health or on the phone.

They offer weekly quitting support, advice on stop smoking medicines and carbon monoxide breath testing – all of which can triple your odds of quitting.

To book an appointment, or to find out more, please ring Linda on 065 6865841 www2.hse.ie/quit-smoking

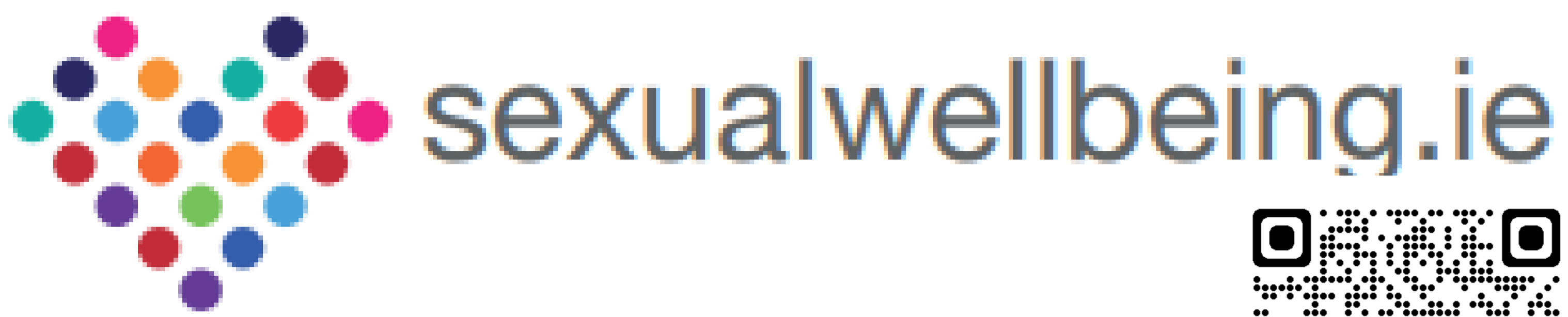
ask
about
alcohol.ie

Helpline: 1800 459 459

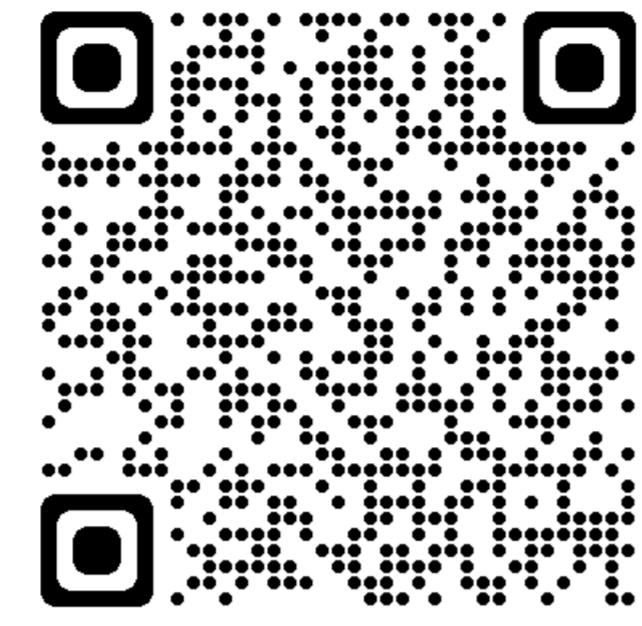


www2.hse.ie/alcohol/

Sexual Health



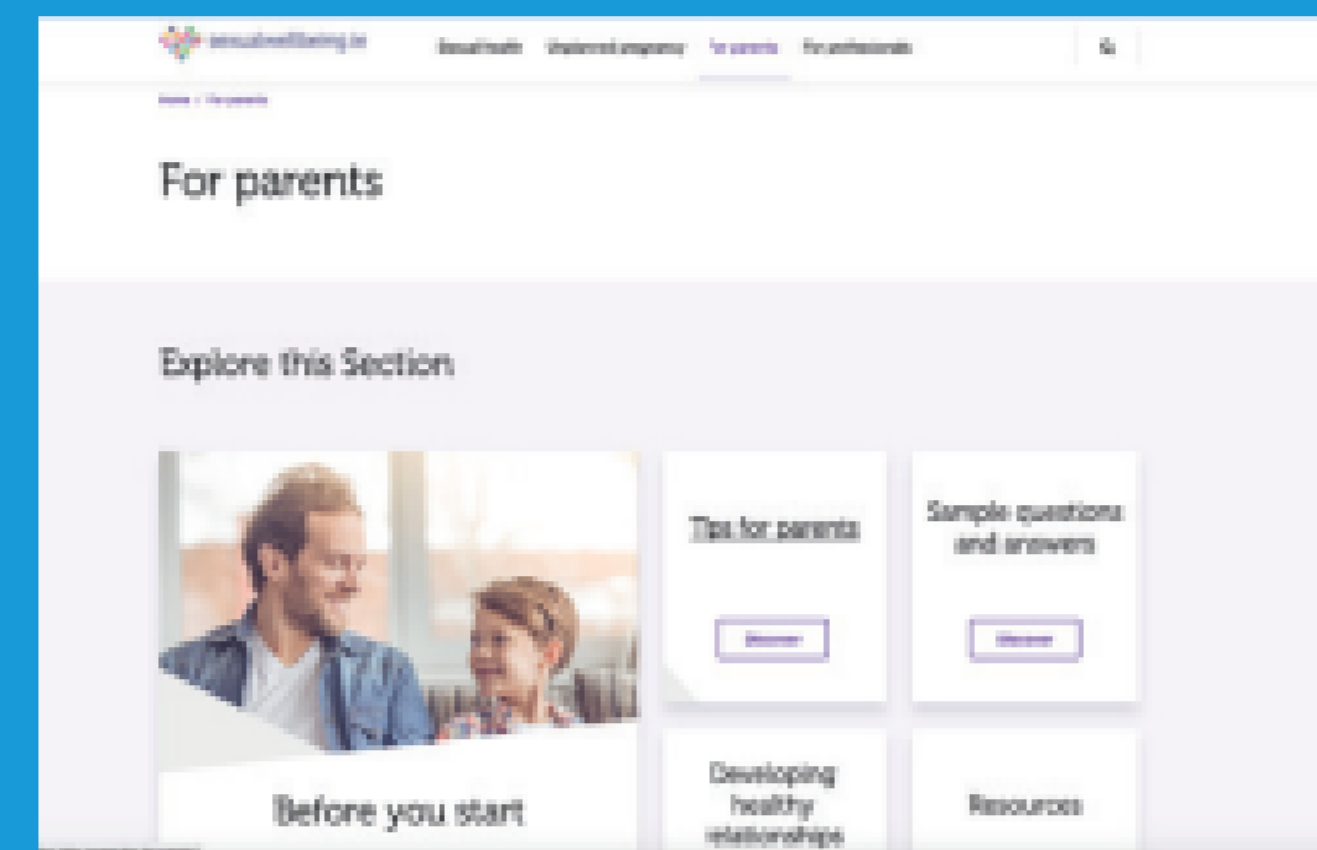
Find out more at www.sexualwellbeing.ie



For parents of all age groups:

www.sexualwellbeing.ie

HSE national sexual health website, with a special section for parents.



Making the 'Big Talk' many small talks: Healthy Ireland Library Collection

A guide to the range of relationships and sexuality education resources available in all public libraries across Ireland.



Making the 'Big Talk' many small talks

HSE resources to support parent/child communication about relationships and sexuality. Lay the foundation of good communication with your children by talking to them regularly and from a young age about relationships and sexuality. This will help your children as they navigate the ups and downs of childhood, adolescence and young adulthood.

For parents of young children:

Making the 'Big Talk' many small talks: 4-7 years

– a parent's guide to relationships and sexuality issues in early childhood. Accompanying storybook which explains basic reproduction to young children.



Making the 'Big Talk' many small talks: Video Collection

– a range of animated videos answering parent's queries about, 'the why and the how', of talking to young children about relationships and sexuality.



For parents of adolescents & young adults:

Making the 'Big Talk' many small talks: 13-18 years

– a parent's guide to relationships and sexuality issues during the adolescent and young adult years.



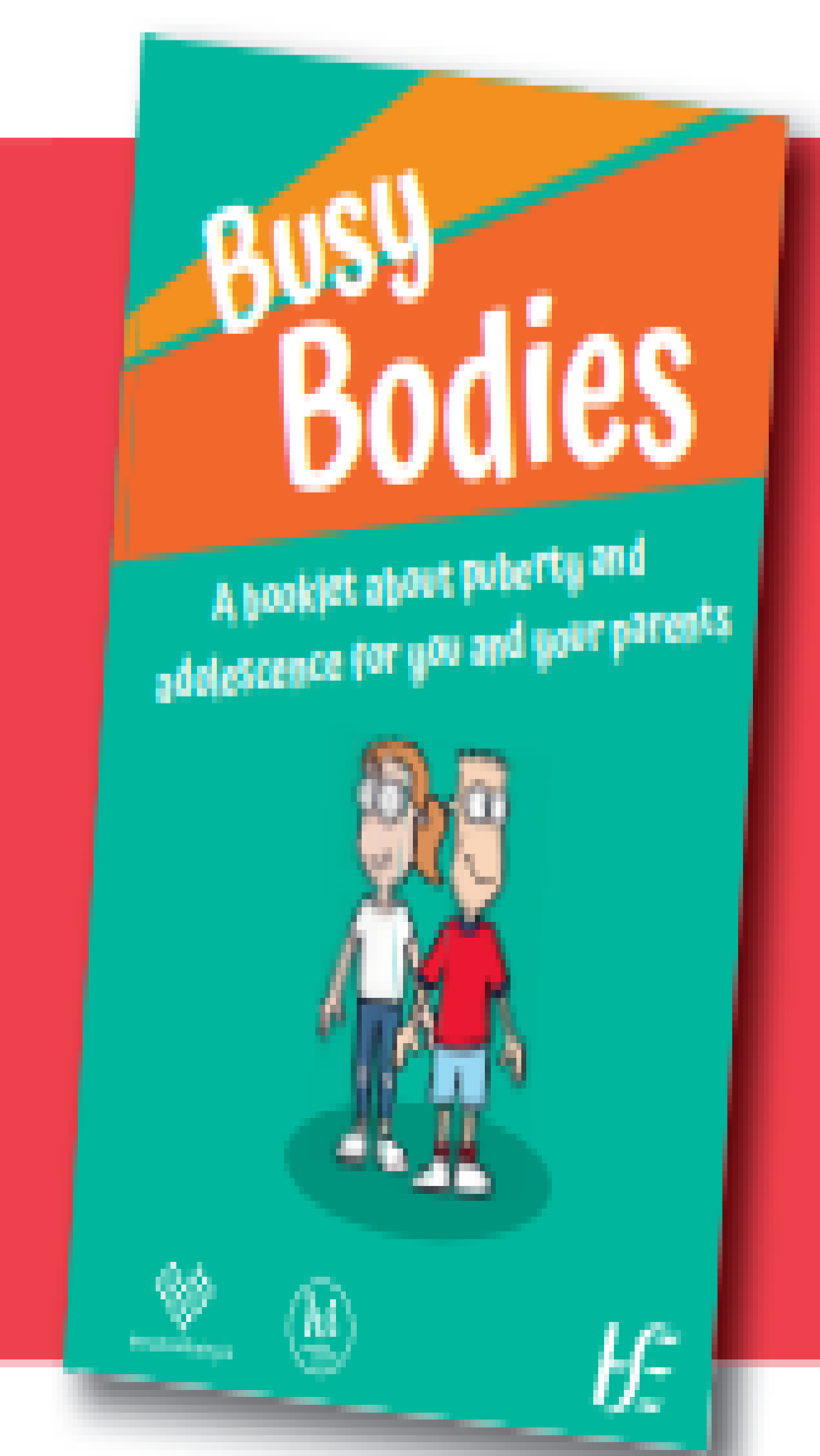
Making the 'Big Talk' many small talks: 8-12 years

– a parent's guide to relationships and sexuality issues during puberty and adolescence.



Busy Bodies (updated 2020)

– a booklet about puberty and adolescence for parents to use with their children.



Supports & Information



CHAT WITH US TO GET INFORMATION NOW

crosscare Youth Work Ireland **ymca ireland** **SPUN OUT** **Eolas Don Ógra YOUTH INFORMATION**

Online Chat Service Launched

Four leading Irish youth organisations have formally launched a new unique online youth chat system called the Digital Youth Information Chat Service. The Youth Information Online chat service is the first of its kind in Ireland. Crosscare, SpunOut, YMCA Ireland and Youth Work Ireland who had long-planned this service have expedited the launch to support young people during COVID-19 lockdown.

The Youth Information online chat service builds on a long-standing partnership of professional Youth Information providers in Ireland and relies on the development of commitment to joined up working on communications, safeguarding, data protection, and youth information practice. The service is staffed by professional Youth Information Workers.

The service will be available to young people from 4pm to 8pm and is aimed at young people aged between 16 and 25. It is impartial, non-judgemental, reliable, and accurate.

www.youthworkireland.ie/online-chat-service/



IT'S GOOD TO TALK

- Tell someone how you are feeling or what you are thinking
- Ask someone for advice or support
- Let People help you, don't ever be ashamed or embarrassed
- Know you really do matter and you will get through this

TOGETHER WE CAN TURN THE TIDE ON SUICIDE

For information & support contact us now or find us on Facebook
The Lighthouse, Lime Kiln Road, Kilrush, V19 XC58
Telephone No: 065 906 2329 / Mobile Number 085 8559511



#BeWinterReady

Are you prepared for the winter ahead?

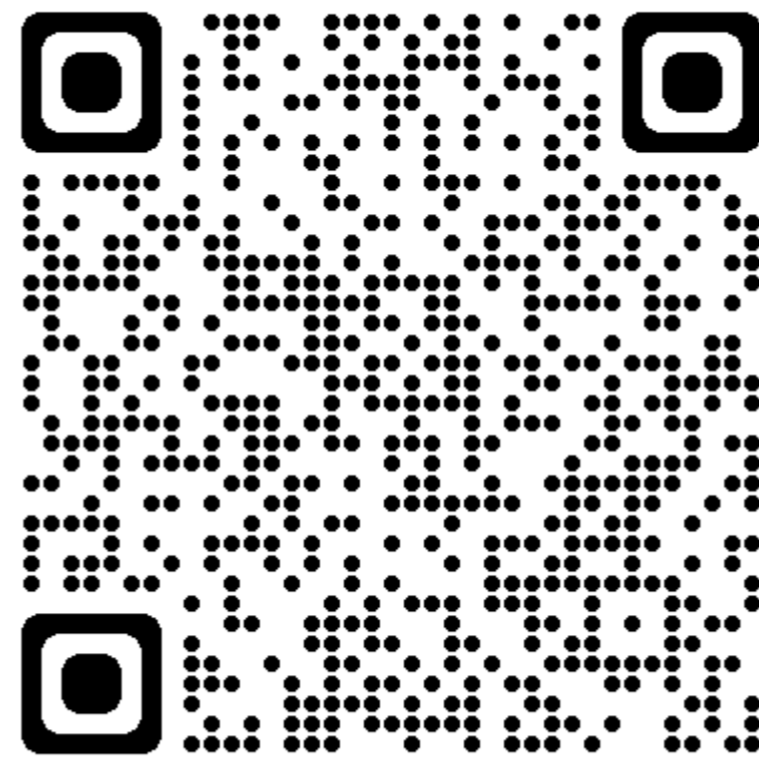
Be Winter-Ready

winterready.ie

Rialtas na hÉireann
Government of Ireland

As we head into winter it is important to remember to [#BeWinterReady](https://www.facebook.com/BeWinterReady). Be prepared and help you and your family stay safe this winter. Go to winterready.ie for more information

Library News



LOTE4Kids

Kids can now enjoy 2000+ digital books in over 50+ languages, together with English translations, from the comfort of home!

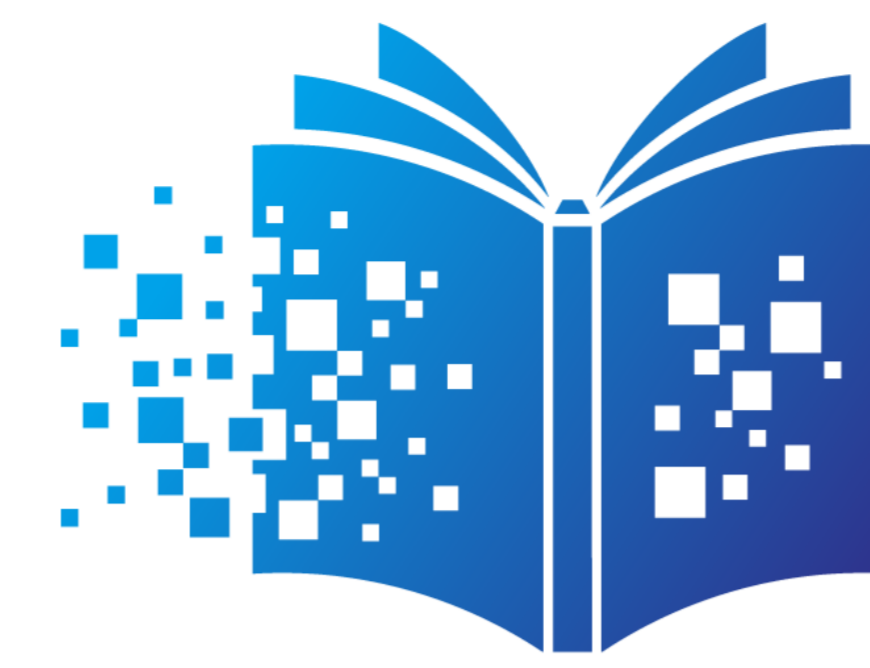
To access LOTE4Kids:

1. Visit your library website to find out more; OR Find your library at www.lote4kids.com
2. Login using your library card barcode number
3. Select a language, and ENJOY A STORY!



Brought to you by Storytime PODs®

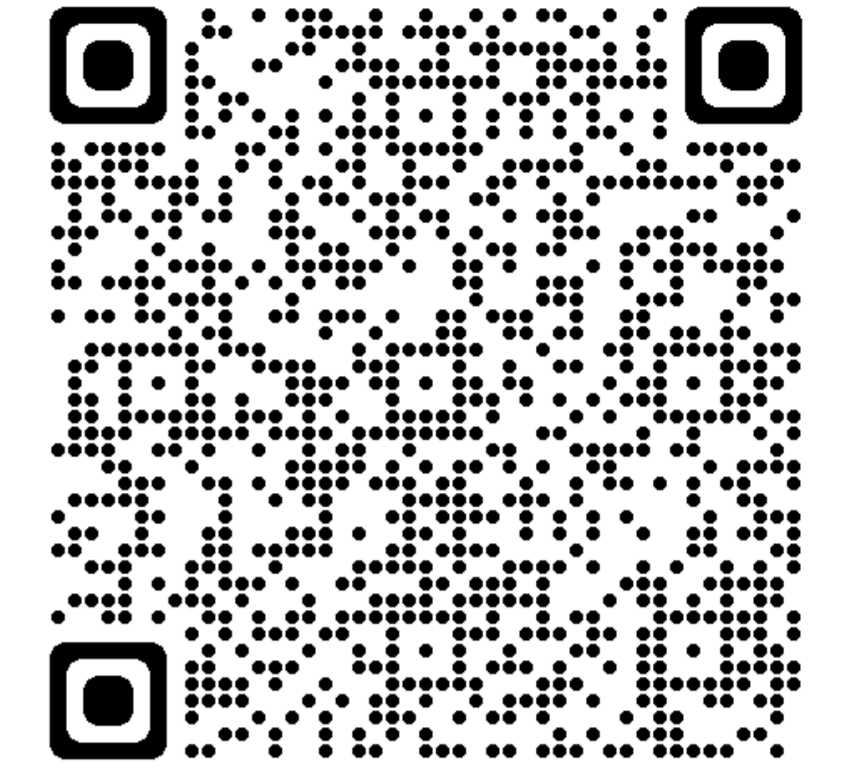
LOTE4Kids allows children to enjoy the magic of books in World Languages from the comfort of home. Each book is provided with an English translation to help develop multilingual reading and listening skills. Kids can also watch a selection of English-only books with Australian, US, and UK accents, by clicking the flags. Visit <https://lote4kids.com/member-home/> for details.



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Libraries

www.clarelibrary.ie



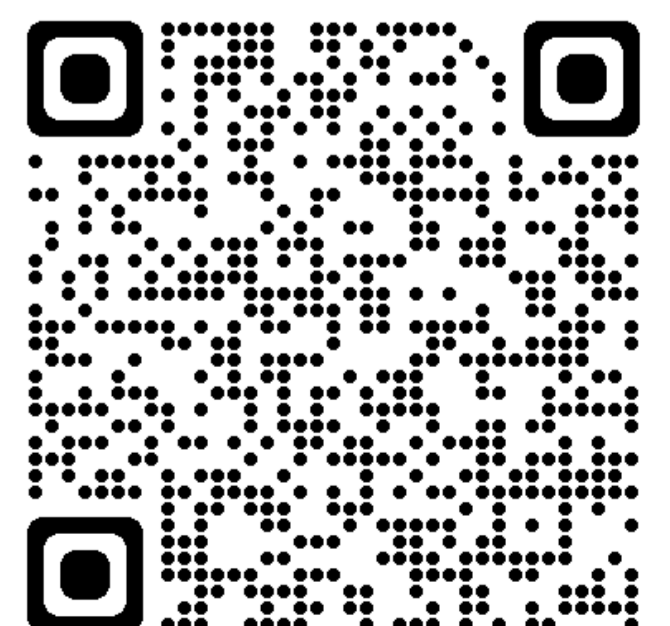
Arts, Crafts, Stories, Movies & more.....

Family events and activities take place in all Clare libraries during the month of December to support the involvement of the whole family in children's reading. Family Time at your Library activities are provided to engage family members in the enjoyment of reading and sharing stories.

The whole family are also introduced to collections of children's books, e-books and e-audio books. The Family Time at your Library events aim to support a family-focused approach to reading with children as part of the national Right to Read programme and to increase awareness of the benefits of reading as a fun, recreational activity for children. Contact your local library to book family events and activities this December.



Library Events



For information on the events Clare Libraries are hosting this December please visit: https://clarelibrary.ie/eolas/library/events/library_events_dec.htm

5 ways to a Healthy & Greener Christmas and New Year Campaign

Healthy Clare and Greener Clare are coming together to promote a Healthier and Greener Christmas and New Year.

This 5-week campaign includes the following

- 12th – 18th December - Reducing your Food Waste Week

“Meal Planning ensures healthy meals and snacks are there no matter how busy things get. It can also save time, money and reduce food waste”

- 19th – 25th December - Bring Your Reusable Water Bottle week

“Over the holidays be sure to carry a filled reusable water bottle with you and sip on water throughout the day”

- 26th December – 1st January - Creatively Upcycling Week

“The benefits of upcycling go far beyond the environment around us. Being creative can improve your mental wellbeing too”.

- 2nd – 8th January - Use less chemicals at home week

“Protect your health and the environment by cleaning your home with chemical free reagents”

- 9th – 15th January - QUIT Tobacco littering Week

“Improve your health and the environment this year – QUIT smoking!”

For more information visit <https://yoursay.clarecoco.ie/healthy-greener-christmas>

5 ways to a Healthy & Greener Christmas and New Year Campaign

Week **1**

Reducing your Food Waste Week

12th - 18th December

Meal Planning ensures healthy meals and snacks are there no matter how busy things get. It can also save time, money and reduce food waste.

Please Scan for info on the campaign

For more information visit <https://yoursay.clarecoco.ie/healthy-greener-christmas>

5 ways to a Healthy & Greener Christmas and New Year Campaign

Week **2**

Bring Your Reusable Water Bottle week

19th - 25th December

Over the holidays be sure to carry a filled reusable water bottle with you and sip on water throughout the day.

Please Scan for info on the campaign

For more information visit <https://yoursay.clarecoco.ie/healthy-greener-christmas>

5 ways to a Healthy & Greener Christmas and New Year Campaign

Week **3**

Creatively Upcycling Week

26th December - 1st January

The benefits of upcycling go far beyond the environment around us. Being creative can improve your mental wellbeing too.

Please Scan for info on the campaign

For more information visit <https://yoursay.clarecoco.ie/healthy-greener-christmas>

5 ways to a Healthy & Greener Christmas and New Year Campaign

Week **4**

Use less chemicals at home week

2nd - 8th January

Protect your health and the environment by cleaning your home with chemical free reagents.

Please Scan for info on the campaign

For more information visit <https://yoursay.clarecoco.ie/healthy-greener-christmas>

5 ways to a Healthy & Greener Christmas and New Year Campaign

Week **5**

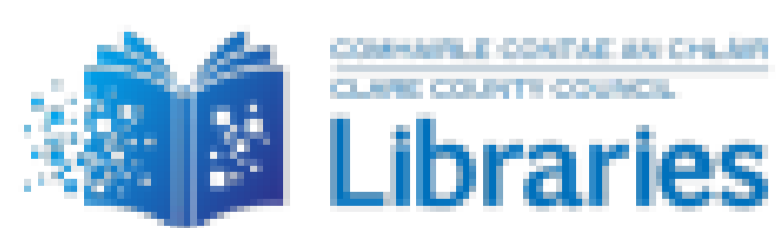
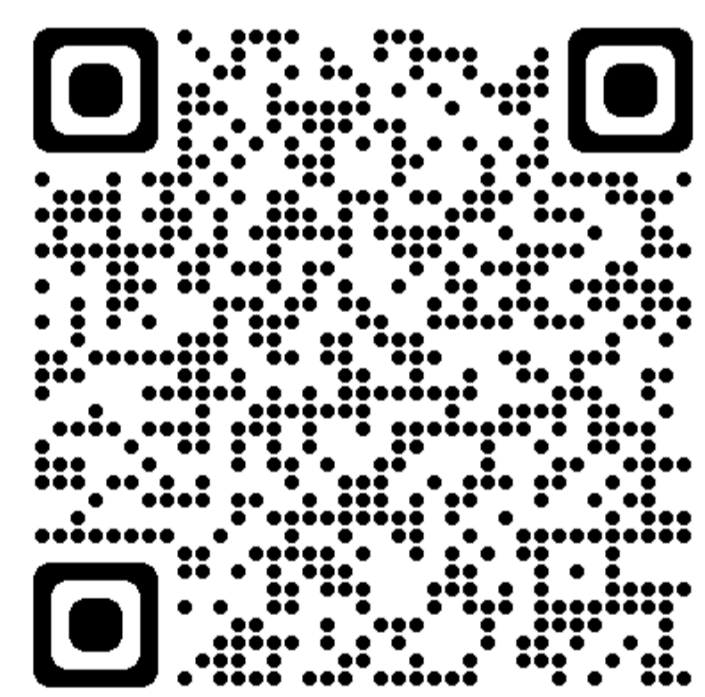
QUIT Tobacco littering Week

9th - 15th January

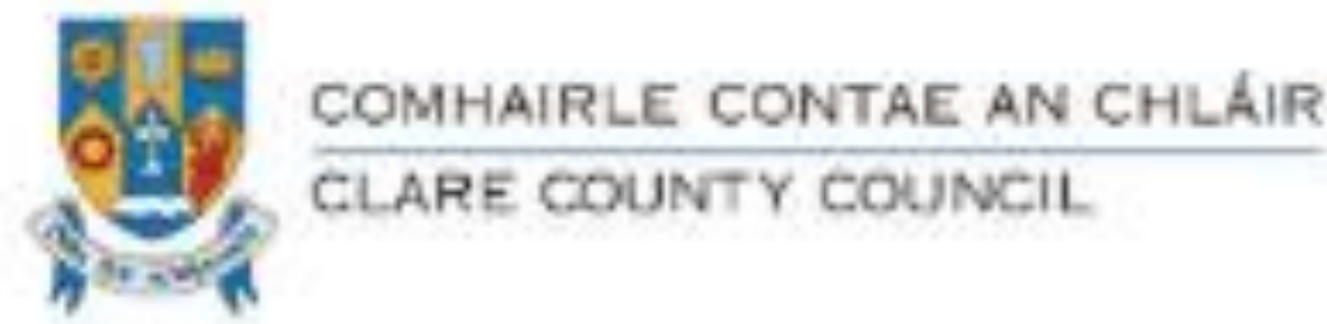
Improve your health and the environment this year - QUIT smoking!

Please Scan for info on the campaign

For more information visit <https://yoursay.clarecoco.ie/healthy-greener-christmas>



Other News



CLARE IS MEASURING AND MONITORING SUSTAINABLE TOURISM

Resident Survey

Please contribute to the Resident Survey to help shape our sustainability actions and plans for you, our future generations and our visitors.

The survey will take 5-7 minutes.

The survey can be accessed by scanning the QR code below, or online at: [Clare Residents Tourism Survey](https://www.clarecare.ie/ResidentSurvey).

hi Healthy Ireland | Healthy Clare

LCDC

Clarecare Together We Care

THE LAUNCH OF 'OUR BURREN WALKS' GUIDEBOOK

BY PATRICK MCGINLEY, TIM O'CONNELL & EDDIE JOYCE

Congratulations to CLARECARE on the successful launch of the 'Our Burren Walks' Guidebook. This book was written by Patrick Mc Ginley, Tim O'Connell and Eddie Joyce with all proceeds from the sale of the book going to CLARECARE. Books are available in lots of great book stores around the county.

For more information contact mminogue@clarecare.ie

Clare PPN warmly invites you to:

CLARE PPN
Public Participation Network

PLenary MEETINGS
ONLINE VIA ZOOM – 2PM
MNA AG GAIRE, ENNIS – 7PM
8TH DEC 2022

All member groups welcome!

Clare PPN warmly invites all member groups to attend one of their final plenary meetings of 2022. Both will take place on 8th December – an afternoon Zoom meeting at 2pm and an in-person plenary with Christmassy refreshments at Mna Ag Gaire in Ennis at 7pm. Mna Ag Gaire is in Unit 7, Tracklands Business Park, Ennis, V95 K6F6.

To reserve a space at either meeting please click here: <https://www.surveymonkey.com/r/RX63Y2V>

HSE Health and Wellbeing

Health & Wellbeing - Communications & Stakeholder Engagement Survey - Have your Say

As part of their efforts to improve how they inform and interact with the people they deal with on a regular basis, the HSE Health and Wellbeing, Stakeholder Engagement and Communications Team would appreciate if you would take 5 minutes to complete the following survey: <http://bit.ly/3ABNY84>

Other News



Breith: (Birth) A Clare Celebration of Irish Independence Saturday, 10th December 2022 – glór, Ennis and Online

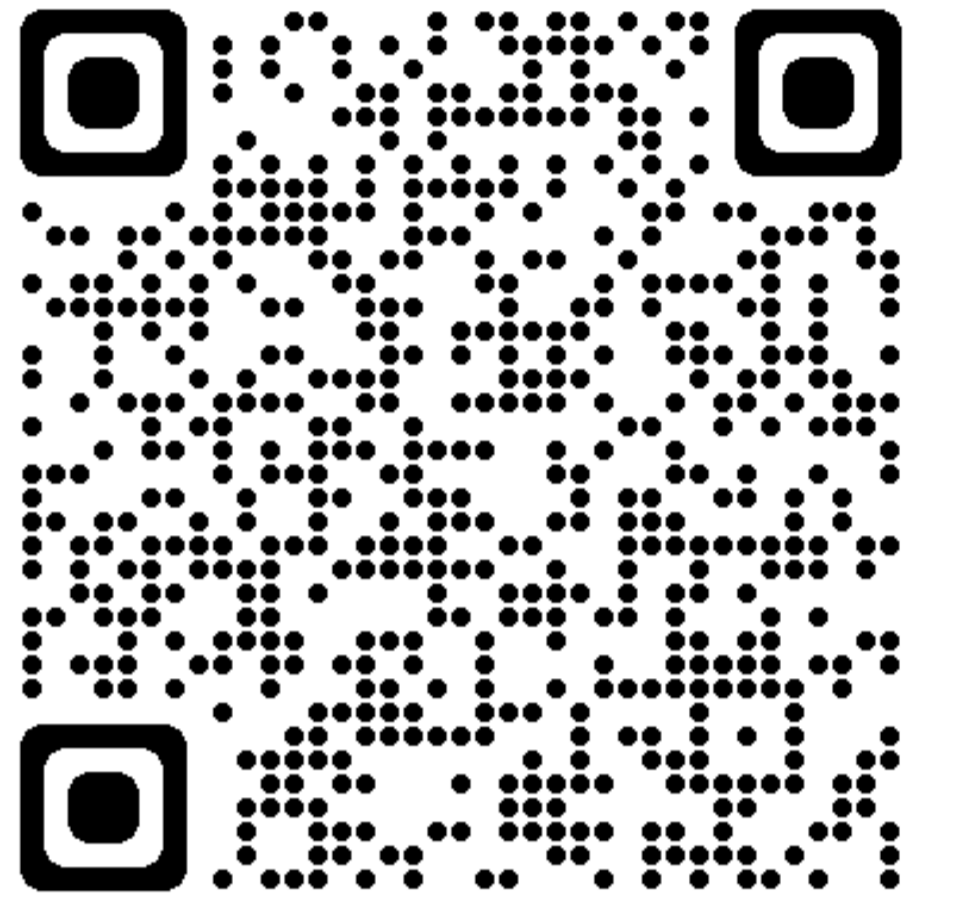
<https://glor.ie/events/breith-birth-a-clare-celebration-of-irish-independence/>

Breith: A Clare Celebration of Irish Independence marks the centenary of the birth of the Irish State.

This event is the vision of musician Dr. Tim Collins, former lecturer/researcher at the Centre for Irish Studies NUI Galway and member of the world-renowned Kilfenora Céilí Band.

The concert programme will feature collaborations between an array of Clare artists and the Irish Chamber Orchestra. In this historic concert, they will jointly perform specially commissioned works that have been created by some of the county's best known and respected arts creators, covering a multitude of artistic disciplines such as music, dance and drama.

Breith is brought to you by the Arts Office of Clare County Council through the Decade of Centenaries programme with the support of the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media



'Making a Show of Our Selves' - 6th – 23rd December 2022 – Clare Museum, Ennis

<https://clarearts.ie/events/making-a-show-of-our-selves/>

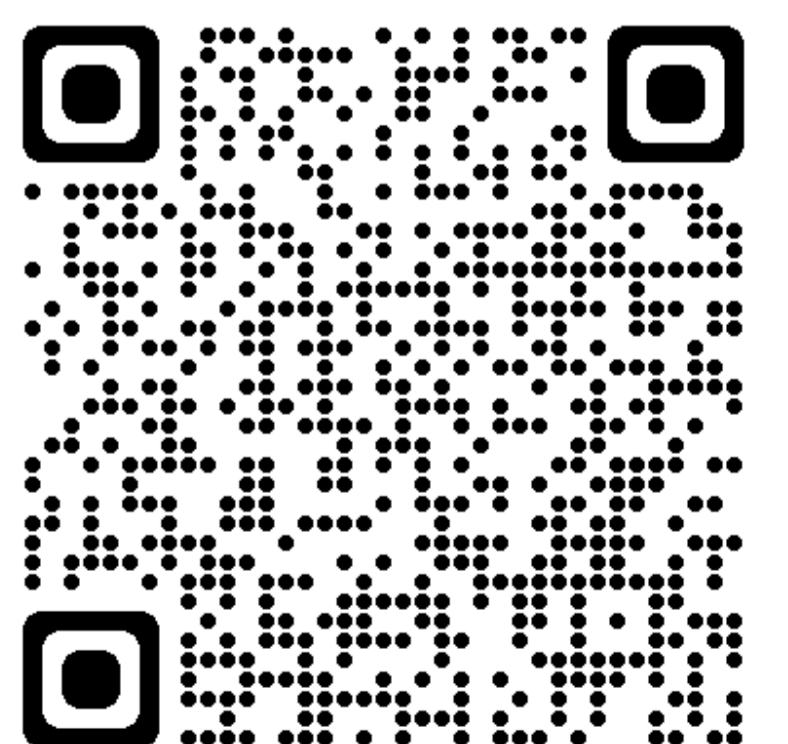
Clare Arts Office in conjunction with the Clare Museum is hosting a FREE exhibition the "Making a Show of Our Selves" by Ronan McMahon and Janet Buell. Ronan McMahon is a self-taught artist and photographer living in Ennis. His work is inspired by nature, music and architecture and is presented in watercolour, ink and acrylic. Janet Buell is a Corofin based artist who works primarily in soft pastels and charcoal. She is a juried member of The Pastel Guild of Europe and for the past two years has studied under American master pastellist Alain Picard.

"What I wanted to get from Cultural Companions was to meet new people and get out more. It's that simple for me"

Cultural Companions Member

Clare Cultural Companions

An Age & Opportunity arts initiative



Join the Clare Cultural Companions, a social network for Clare's older citizens. It is a space for those interested in, meeting new people, the arts, culture and volunteering. For more details please call (065) 6846240 or email hmoloney@clarecoco.ie

HSE HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS DECEMBER 2022



Day 1

Welcome to our Countdown to Christmas Calendar! Follow these daily tips to support your health and wellbeing as we embrace the festive season.



Day 2

Do you 'Know Your Numbers' when it comes to your health and wellbeing? Order the handy wallet card from healthpromotion.ie



Day 3

Practising and expressing gratitude reminds us to appreciate all that we have. A simple way includes creating a 'gratitude journal' and writing down 3-4 things before bed that brought you joy that day.

Day 4

Take inspiration from webinars available on the HSE Health and Wellbeing YouTube Channel, featuring topics such as 'The Psychology of Health and Happiness' and 'Identifying Your Strengths.'



Day 5

It may be the season of good cheer for many, but low mood can affect us all at various stages of our lives. For tips on improving your mood visit yourmentalhealth.ie



Day 6

Maintaining a healthy diet can be challenging when surrounded by festive feasts and tempting treats! Try to eat healthy, well-balanced meals. Search 'healthy eating' on hse.ie for tips.



Day 7

The festive season can be lonely for some. Show compassion and demonstrate kindness by checking in on more vulnerable members of your community, such as friends or neighbours who live alone.



Day 8

Our physical health has a big impact on how we feel. Doing yoga, Pilates or strength & conditioning exercises can improve our physical health. Try our free online programmes available from the HSE Health and Wellbeing website and YouTube channel.



Day 9

The 'Personal Happiness Planner' will support you to set goals, create positive change, raise your energy and form new habits. Search 'Personal Happiness Planner' on hse.ie



Day 10

Christmas is a time of year that can increase our exposure to alcohol. For tips on drinking less and tools to track your drinking habits visit askaboutalcohol.ie



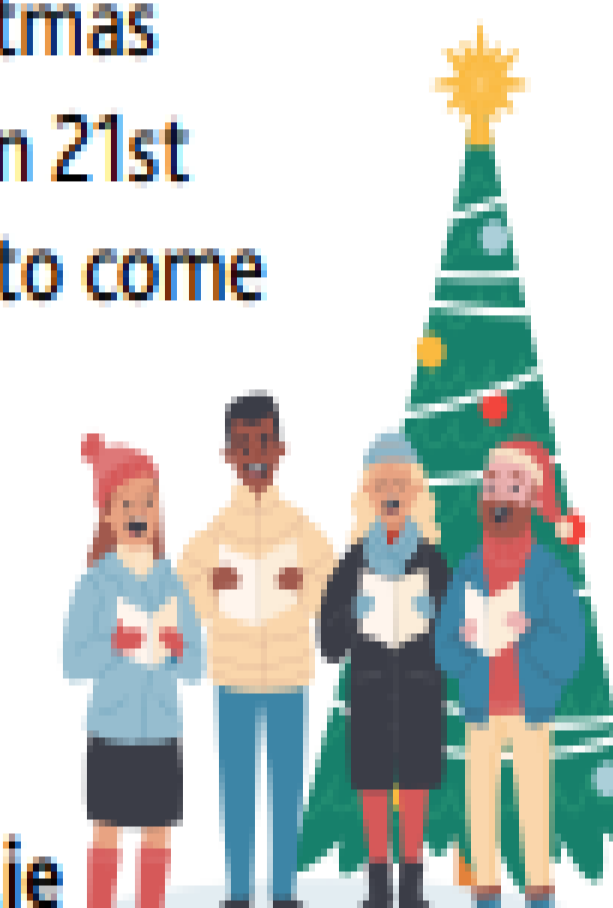
Day 11

Did you know that the arts (including visual art, theatre, literature, music and dance) can positively impact our health and wellbeing? Find out more at creativeireland.gov.ie



Day 12

Our online HSE Christmas concert takes place on 21st December. Plan now to come and join us for the festivities. For registration details, email healthyireland@hse.ie



Day 13

The busy festive season brings with it additional tasks for our 'to-do' list. Ease feelings of stress and embrace the Christmas chaos with tips at yourmentalhealth.ie



Day 14

Doing something creative, such as cooking and baking, can enhance our mood. [safefood's](http://safefood.ie) '101 Square Meals' recipe book has a wide range of delicious dishes to try. Available from healthpromotion.ie



Day 15

Play it safe this Christmas and throughout the year. Visit sexualwellbeing.ie for information on your sexual health and wellbeing.



Day 16

Connecting with nature can benefit our mental health. Wrap up and explore your local Slí na Sláinte route, Greenway or Parkrun this festive season.



Day 17

If managing your weight and health is your goal for the New Year, the HSE's guide to developing healthy habits can support you. Available from healthpromotion.ie



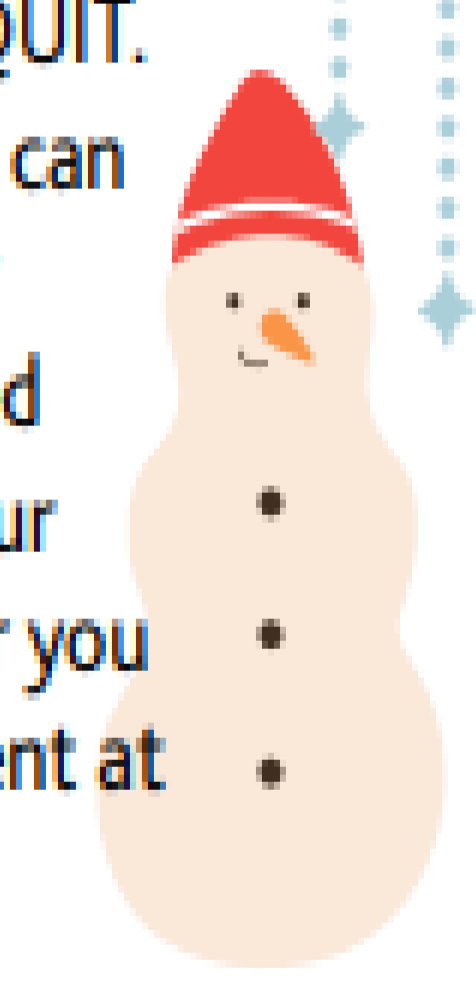
Day 18

With technology playing such a huge part of the family Christmas, there are times when it's important to put mobile devices to one side and come together and play. Visit makeastart.ie



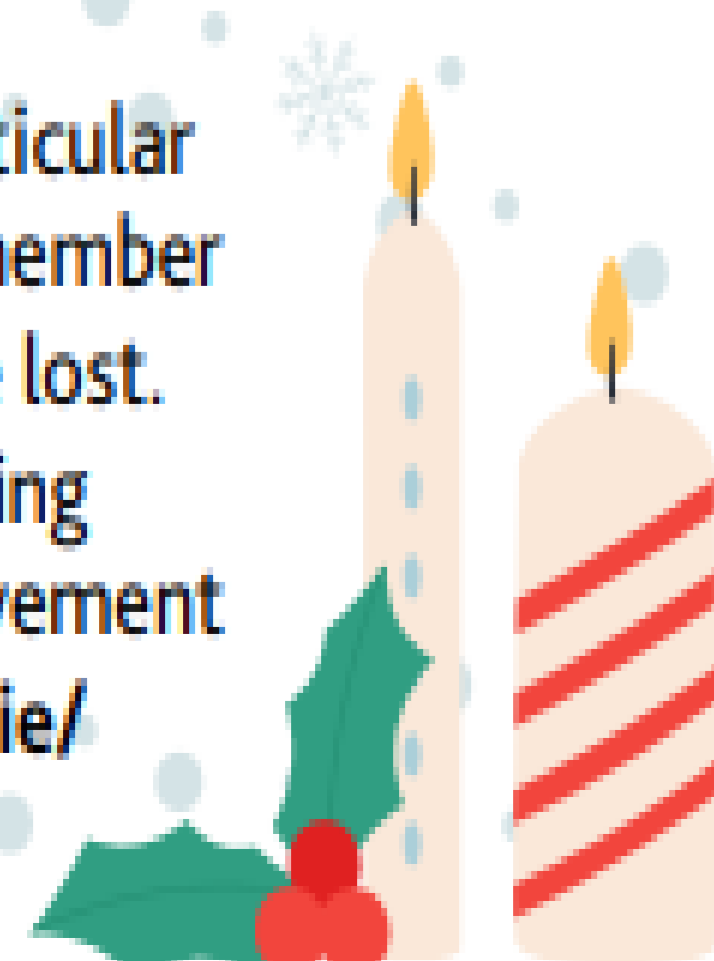
Day 19

Make 2023 the year you QUIT. The HSE Quit Programme can help you stop smoking for good. Whether you've tried to quit before or this is your first attempt, we can offer you support and encouragement at quit.ie



Day 20

Christmas is a particular time when we remember dear ones we have lost. For advice on dealing with death, bereavement and grief visit hse.ie/grief/healthcare



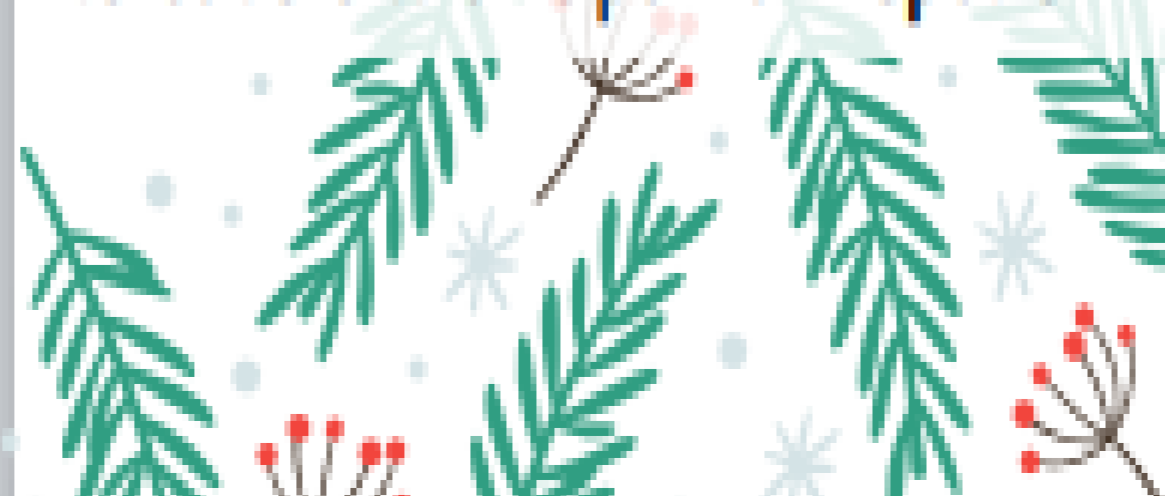
Day 21

Today's the day of the HSE Christmas concert. Festive fun is guaranteed! If you are unable to join us live at 4pm, registering will ensure you receive the recording. For details, email healthyireland@hse.ie



Day 22

Reduce Food Waste: As you plan your Christmas meals, consider how you can use any leftovers with tips from epa.ie



Day 23

If you are working over Christmas, ensure to take time to relax and recharge. 'Minding Your Wellbeing' provides an opportunity to learn about mindfulness, gratitude, self-care and resilience. Available from the HSE Health and Wellbeing website and YouTube channel.

Day 24

One more sleep! Good-quality sleep makes a big difference to how we feel. For tips for better sleep see yourmentalhealth.ie



Day 25

Happy Christmas to you and your family from HSE Health and Wellbeing. We wish you a healthy, safe and peaceful Christmas.

