





Staff Health and Wellbeing

Resources and initiatives for adopting healthy behaviours

The HSE is committed to providing a supportive environment that protects and promotes the physical, mental and social wellbeing of its workforce.

This brochure presents resources that have been developed at a national level and are available to all HSE staff to support their Personal Health and Wellbeing and to create supportive environments. The resources listed supplement the many other HR resources available for **overall Workplace Health and Wellbeing**, including **Occupational Health** and **Employee Assistance Programme (EAP)** supports. They also supplement resources and initiatives that may be developed through your local Health and Wellbeing team.

The resources outlined in this brochure are focused on the evidence-based lifestyle behaviours that can help to reduce the risk of developing chronic diseases – being physically active, eating healthily, not smoking, avoiding harmful use of alcohol, and looking after our mental and sexual health and wellbeing.

Resources Addressing a Variety of Lifestyle Behaviours:

Know Your Numbers Wallet Card

Highlights key numbers that indicate general health and wellbeing and signposts to evidence-based websites. Order from healthpromotion.ie



Health and Wellbeing Webinars and Podcasts

A wide range of webinars and podcasts are available on the HSE Health and Wellbeing [YouTube](https://www.youtube.com/channel/UC...) channel.



Minding Your Wellbeing Booklet

Supports users to engage with key messages from the **Minding Your Wellbeing programme** on the topics of mindfulness, gratitude, self-care and resilience.



Staff Lifestyle Assessment Checks*

Cardiovascular disease risk assessment service provided by Irish Heart Foundation nurses. Contact your line manager for information.



**available at the discretion of local line managers*

Living with a Chronic Disease

Self-management Support

Self-management information for those living with a long term health condition (hse.ie/selfmanagementsupport) and free 6-week 'Living Well' group programme (hse.ie/LivingWell).



PHYSICAL ACTIVITY

Being active is very important for both our physical and mental health. The National Guidelines for Physical Activity recommend that adults take part in at least 30 minutes of moderate intensity activity, five days a week (or 150 minutes a week).

Free Online Exercise Programmes



Available on the HSE Health and Wellbeing [website](#) and [YouTube channel](#). Includes: Pilates; Yoga; Chair Yoga; Strength and Conditioning.

Steps to Health Challenge



5-week team-based challenge to encourage staff to walk a target of 10,000 steps per day. Visit hse.ie/stepschallenge

Slí na Sláinte Walking Routes

Local or workplace walking routes can be used to plan a walk on your break or at lunchtime. Search 'Walking Routes' on irishheart.ie



Cycle to Work Scheme



Tax incentive scheme covering bikes and equipment up to €1,250. Search 'Cycle to Work Scheme' on hse.ie



Available to download/order from healthpromotion.ie:

- [Get Active Your Way](#) leaflet
- [Get Active: Go Walking](#) leaflet





HEALTHY EATING

Eating a wide variety of nourishing foods every day provides the energy and nutrients we need for good health. Recommendations include limiting high-fat, sugar, salt foods and drinks; and aiming for 5-7 servings of vegetables, salad and fruit each day.

HSE Healthy Eating Information

Provides information on making healthy choices; planning and preparing food; and portion sizes. Search 'healthy eating' on hse.ie



Living Well with Overweight and Obesity

HSE's 'Talking about weight: A guide to developing healthy eating habits' assists those with excess weight who want to look after their health. Available on healthpromotion.ie



Healthy Weight for You Programme



safefood's free 12-week weight loss online programme provides tailored meal plans. Visit safefood.net/healthy-weight-for-you/Home

The Workplace Food Environment

Nutrition Standards; Vending Policies; and Healthy Meeting Guidelines support you in the workplace to make the healthy choice the easy choice. Search 'healthy eating at work' on hse.ie.



Available to download/order from healthpromotion.ie:

- Healthy Food for Life leaflet and posters
- Healthy Eating for Pregnancy booklet
- 101 Square Meals recipe book
- Talking about weight: A guide to developing healthy eating habits



QUIT

SMOKING

Smoking is the leading cause of avoidable death in Ireland and thousands suffer from smoking-related diseases. The HSE is committed to reducing the use of tobacco and its harmful health effects by creating a tobacco-free environment for its patients, service users, visitors and staff.

QUIT Services



Supports and resources available:

- quit.ie (website)
- 1800 201 203 (helpline)
- support@quit.ie (email)
- 50100 (Free text QUIT)

Nicotine Replacement Therapy (NRT)



For further information, search '**Staff Stop Smoking Support**' on hse.ie

Tobacco Free Campus Policy



The HSE Tobacco Free Campus Policy helps reduce your exposure to nicotine. Search '**Tobacco Free Campuses**' on hse.ie



Available to download/order from healthpromotion.ie:

- QUIT Kit
- You Can QUIT: We Can Help leaflet
- Growing up Smoke-Free leaflet





ALCOHOL

There is no 'safe' or 'healthy' amount of alcohol. The less we drink, the lower the risk to our health. The recommended weekly low-risk alcohol guidelines are less than 11 standard drinks for women and 17 standard drinks for men. Drinking within these guidelines greatly reduces the risk of: high blood pressure and strokes; depression and anxiety; seven kinds of cancer, liver disease; and many other alcohol-related conditions.

Ask About Alcohol Supports



Provides resources, including a directory of local supports and counselling services.

Self Assessment Tool and Drinks Calculator



Find out what type of drinker you are and how drinking affects your health using the 'Self Assessment Tool' and 'Drinks Calculator' available at askaboutalcohol.ie

Drug and Alcohol Helpline



1800 459 459 (helpline);
helpline@hse.ie (email)



Available to download/order from healthpromotion.ie:

- Alcohol – A Quick Question leaflet
- Men and Alcohol leaflet
- Women and Alcohol leaflet
- Your Family and Alcohol leaflet
- Pregnancy and Alcohol leaflet
- Getting Older and Alcohol leaflet





MENTAL HEALTH AND WELLBEING

Your mental health is an important part of your overall health. Protecting and enhancing our mental wellbeing enables us to cope with challenging times. Other benefits of good mental health include: feelings of confidence and positivity; healthier lifestyle behaviour choices; and better quality of life and physical health.

Your Mental Health Supports

yourmentalhealth.ie

Information | Support | Services

1800 111 888

yourmentalhealth.ie website and helpline (1800 111 888) provide resources and supports, including local support services.

HSE Balancing Stress Programme

Aims to help individuals manage stress by strengthening coping skills and applying practical tools.

The programme consists of six one hour sessions with each session dealing with an aspect of stress such as anxiety, low mood and worry.

Available online in October 2023 and face-to-face in 2024.

Minding Your Wellbeing



Minding Your Wellbeing

TAKE A POSITIVE APPROACH TO YOUR MENTAL HEALTH

Free programme focussing on mindfulness, gratitude, self-care and resilience. Available on the HSE Health and Wellbeing [website](http://yourmentalhealth.ie) and [YouTube](https://www.youtube.com/channel/UC8vK1m1m1m1m1m1m1m1m1m1) channel.

Sleep Advice



Tips and self-help information on sleep available at yourmentalhealth.ie

MENTAL HEALTH AND WELLBEING



Workplace Choirs

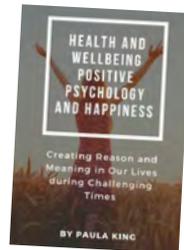


Join a workplace choir or set up a choir (using the guidance available on the [HSE Health and Wellbeing website](https://www.hse.ie)) and take part in the annual staff concert.

Personal Happiness Planner

This free planner will support you to set goals, create positive change, raise your energy and form new habits.

Search '[Personal Happiness Planner](https://www.hse.ie)' on [hse.ie](https://www.hse.ie)



Countdown to Christmas Wellbeing Calendar

Provides daily wellbeing tips for the month of December. Available on the [HSE Health and Wellbeing website](https://www.hse.ie).



Employee Assistance Programme

EAPandME
Employee Assistance Programme

Call **0818 327 327**

to speak to someone who can help.

www.hse.ie/EAPandME

Free, confidential and independent service for staff experiencing issues affecting mental health, job performance or home life.



Available to download/order from [healthpromotion.ie](https://www.healthpromotion.ie):

- [Minding Your Wellbeing](#) support booklet
- [Looking After Your Mental Health for LGBTI+ People](#) leaflet
- [Looking After Your Mental Health in Later Life](#) leaflet
- [Looking After Your Mental Health When You Have Financial Difficulties](#) leaflet
- [Mental Health in Pregnancy](#) leaflet
- [Your Mental Health postcards](#)



SEXUAL WELLBEING

Sexual health and wellbeing is an important part of overall health, covering topics such as the absence of disease and infections, fertility and the ability to enjoy fulfilling relationships free from discrimination.

Sexual wellbeing.ie



Provides information and resources, including a list of public, confidential and free of charge Sexually Transmitted Infections (STIs) services; free home testing kits; and information on contraception options.

My Options Freephone Helpline



Provides information and judgement-free counselling to anyone experiencing an unplanned pregnancy.



Available to download/order from **healthpromotion.ie:**

- **My Options** leaflet
- **Your Contraceptive Choices** leaflet
- **What You Need To Know About Contraception** leaflet
- **Your Guide to Sexually Transmitted Infections (STIs)** leaflet





Useful Links

To access staff health and wellbeing resources, including the interactive version of this brochure, scan the QR code below:



www.hse.ie/healthyireland

- www.hse.ie/healthyireland
- www.hse.ie/healthandwellbeing
- www.healthpromotion.ie
- www.quit.ie
- www.askaboutalcohol.ie
- www.yourmentalhealth.ie
- www.healthservice.hse.ie/staff/benefits-and-services/workplace-health-and-wellbeing
- www.sexualwellbeing.ie
- www.hse.ie/selfmanagementsupport
- www.hse.ie/LivingWell
- www.irishheart.ie



For the latest updates

- Visit the HSE Health and Wellbeing website (hse.ie/healthandwellbeing)
- Follow us on Twitter @HsehealthW
- Sign up (by emailing healthandwellbeing.communications@hse.ie) to receive the HSE Health and Wellbeing Ezine (hsehealthandwellbeingnews.com)
- Subscribe to the HSE Health and Wellbeing YouTube channel @HSEHealthandWellbeing
- Contact: healthyireland@hse.ie

