



**KNOW YOUR
NUMBERS**



MINDING YOUR WELLBEING

yourmentalhealth.ie

Information | Support | Services

We all go through tough times but there are simple, practical and powerful steps we can practice to protect our mental health and well-being. Taking time to relax, eating and sleeping well, keeping in touch with family and friends, sharing a problem and taking regular exercise are all proven to have a positive impact on our mental health and well-being.

To watch the 'Minding Your Wellbeing' video series or for further information contact **yourmentalhealth.ie**

LIFESTYLE BEHAVIOURS

Reflect on your current
lifestyle behaviours.

A change to how you live your life
can reduce your chances of
developing diabetes, cancer, heart
disease and lung disease and other
forms of ill-health.

Knowing your Numbers will help give
you a sense of how healthy you are.



There are many health benefits to keeping active so aim for at least 30 minutes of moderate physical activity 5 days a week. For ideas visit:

www.getirelandactive.ie

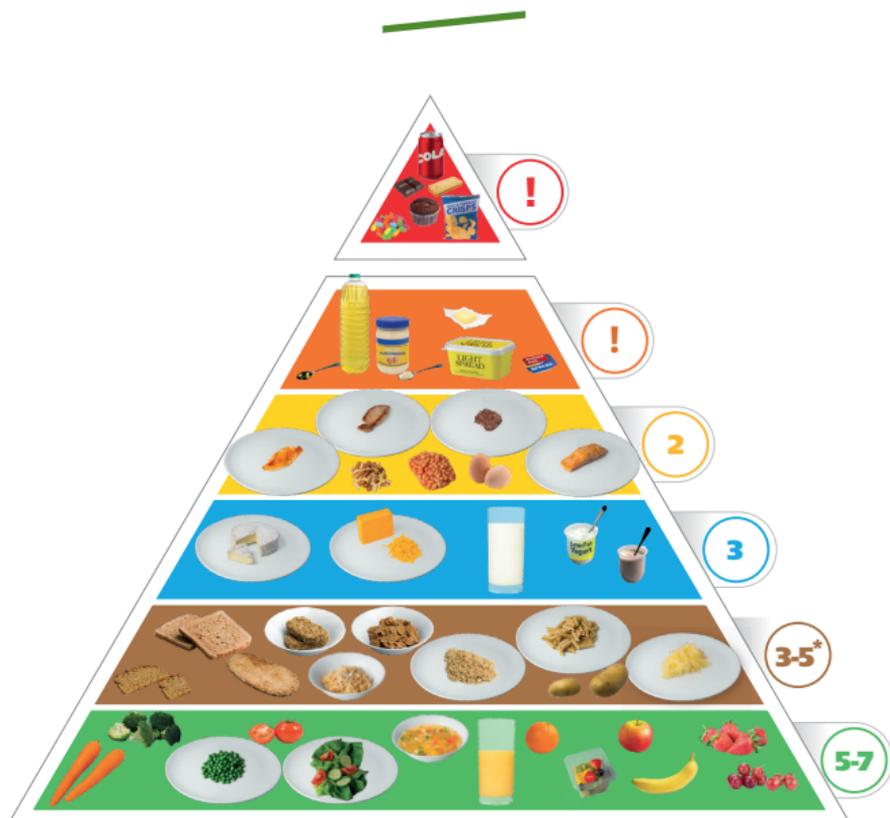
Stop smoking
for 28 days and
you're 5 times
more likely to
stop for good

Get tips, tools and support
at **QUIT.ie** or freephone
1800 201 203

QUIT.ie



FOOD PYRAMID



To find out more about
healthy eating habits visit
www.hse.ie/healthyeatingactiveliving

HSE DRUG AND ALCOHOL HELPLINE

1800 459 459
helpline@hse.ie

The HSE Drugs & Alcohol helpline provides support, information, and guidance to anyone with a question or concern.

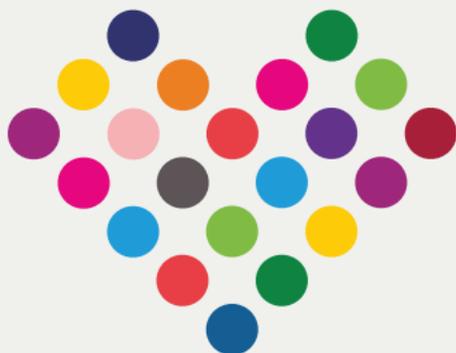
ask
about
alcohol.ie

For more information on standard drink measurements and your drinking patterns visit **www.askaboutalcohol.ie**



SIT LESS MOVE MORE

Try to avoid sitting for long periods at any one time. At work, at home or leisure, be conscious of the length of time you are sitting. Get up and stand, stroll and/or stretch to break up long periods of sitting.



sexualwellbeing.ie



Condoms are **98%** effective
when used correctly every time.

For more information on condoms and
other methods of contraception visit
www.sexualwellbeing.ie

BODY MASS INDEX



UNDER
<18.5



HEALTHY
18.5 - 24.9



OVER
25 - 29.9



OBESE
>30

HEALTHY BMI
18.5 - 24.9

WAIST MEASUREMENT



NO MORE THAN



80cm



94cm

CHOLESTEROL



5.0

OR LESS

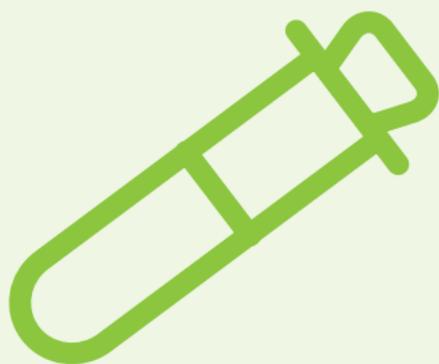
BLOOD PRESSURE



NORMAL

120 / 80

**SUGAR
LEVEL**



FASTING BLOOD TEST

5.6

OR LESS

ALCOHOL



LESS THAN

17

**STANDARD
DRINKS
PER WEEK
(MALE)**

11

**STANDARD
DRINKS
PER WEEK
(FEMALE)**



2-3 ALCOHOL FREE DAYS PER WEEK

**AVOID DRINKING 6 OR MORE
STANDARD DRINKS ON ANY 1 OCCASION**

PHYSICAL ACTIVITY



AT LEAST

30

MINUTES
A DAY

5

DAYS
A WEEK

FRUIT & VEGETABLES



EAT

5 - 7

DIFFERENT PORTIONS
WITH A VARIETY OF
COLOURS DAILY

KNOW YOUR NUMBERS

