

# Minding My Mind

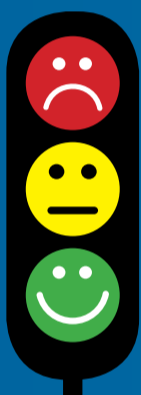


Take 5  
Everyday  
For You... 😊

- 1 STOP! TAKE A BREAK
- 2 HOW AM I FEELING TODAY?
- 3 FIVE DEEP BREATHS
- 4 MOVE MORE
- 5 ONE THING I AM GRATEFUL FOR

## HOW AM I FEELING TODAY?

PROBLEMS FEEL SMALLER  
WHEN YOU SHARE THEM



### CRISIS

**STRUGGLING**

Feeling hopeless    Feeling isolated    Dark thoughts  
Down in yourself

It's time to ask for help

**FEELING YOU ARE ON TOP OF THINGS**

Not sleeping    Anger    Stress, worry  
and anxiety

Reach out you are not alone

Balance    Friendship  
and supports    Hobbies

Healthy Body....Healthy Mind

Attend your own doctor once a year for your physical and mental health and wellbeing check up

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)



TRAVELLER HEALTH SOUTH EAST COMMUNITY HEALTHCARE