



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HEALTHY WORKPLACES FOR ALL AGES

Smoking
Cessation:

Never stop
trying to stop
smoking

If you smoke
remember
you can QUIT
and we can
help

HEALTH PROMOTION & IMPROVEMENT (HP&I)

HP & I are working within the Health and Wellbeing Division and with CHOs and Hospital Groups to support staff health and wellbeing. The Healthy Workplaces for All Ages Campaign gives the opportunity to highlight some ongoing opportunities for promoting your health with the added message it is never too late to take on a healthy change.

SMOKING CESSATION

As Tobacco is the leading cause of preventable death in Ireland – Smoking Cessation is a major target for the HSE, not only with the public but with staff in the health sector. Often people who try and quit smoking may relapse, but our message is never stop trying to stop smoking. **No matter what age you stop smoking, the health benefits are significant.** The HSE has a number of supports in place to try and help people quit smoking. QUIT is a health education campaign from the HSE that aims to reduce the numbers of smokers in Ireland. We want to help more and more smokers to quit, so our job is to show people why, and how they can do it. Go to the website to find out how we can help you quit or read more about the campaign, visit www.quit.ie to get started.

If you smoke, remember you can QUIT and we can help:

Visit www.quit.ie and sign up for an online QUIT plan

Call the QUITline 1800 201 203

Join our Facebook support group www.facebook.com/HSEquit

Contact your local HSE smoking cessation service via QUIT.ie

Talk to your GP or pharmacist for help, supports and medications.

BUILDING POSITIVE RELATIONSHIPS AT WORK

We are naturally social creatures and crave friendship and positive interactions. Therefore, the better our relationships are at work, the happier and more productive we're going to be. Good working relationships give us several other benefits: our work is more enjoyable when we have good relationships with those around us. Also, people are more likely to go along with changes that we want to implement, and we're more innovative and creative.

Tips for building positive relationships at work:

- Ensure that the relationship you have with yourself is a positive one
- Accept and celebrate the fact that we are all different
- Actively listen to hear what other people have to say
- Give people time and “be present” when you are with them
- Develop and work on your communication skills
- Learn to give and take constructive feedback
- Learn to be more understanding and empathetic
- Treat people as you would like to be treated yourself



PROMOTING MENTAL WELLBEING

This campaign aims to change attitudes and behaviour, with regard to mental health, by spreading the word that ups and downs are normal and experienced by everyone. It also aims to inform people that there are things that they can do to help themselves and help others. The advertisements and communications relating to the campaign signpost people to www.yourmentalhealth.ie, and the Samaritans' new Freephone 116 123 for a listening ear and emotional support.

What you can do for yourself, in terms of wellbeing and mental health, is to log onto www.yourmentalhealth.ie and find out more about the little things that work for you. You can also obtain promotional material on the campaign for display in your workplace, where you may wish to promote the messages to colleagues.

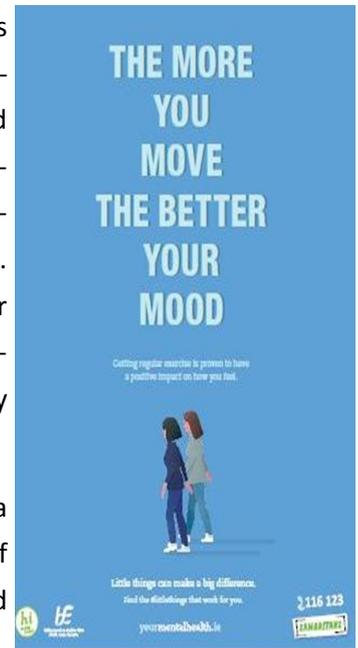
The campaign also invites people and groups to share their own **Little things**, either online @[littlethingshub](https://twitter.com/littlethingshub) and/or in word, pictures, videos, with their friends and loved ones.

- ◆ Keeping active is a great way to protect both your health and your mood.
- ◆ Even a quick walk every day will make a difference to how you feel.
- ◆ We all go through tough times.
When we do, little things can make a big difference to how we feel.
Find the little things that work for you
- ◆ Find the little things that work for you.

PHYSICAL ACTIVITY

Physical activity is for everyone and this is especially so if we want to stay healthy as we get older. This is also relevant as for many of us in our daily jobs we spend the majority of our time sitting. This over time has a harmful effect on our health. The good news is that this can be alleviated by putting physical activity back into our daily routines. The recommended amount of physical activity for adults in Ireland is to accumulate 30 minutes of moderate intensity physical activity on at least 5 days a week. This equates to accumulating 150 minutes over a week. It is also beneficial to our health to include activities that promote strength and flexibility on 1 or 2 days. Examples of activities which will strengthen and balance are weight training, yoga, carry bags, dance and circuit classes.

The health benefits to be gained are many: improved sleep; helps to maintain a healthy weight; helps manage stress as well as a reduction in illnesses: reduce risk of developing type II diabetes; heart disease; depression; dementia; falls; back pain and cancer of the colon and breast.



All activity counts as long it is at least 10 minutes in duration and is at moderate intensity. That means the activity should make you slightly out of breath. Choose activities that you can routinely do such as walking and cycling more for transport. If you are fitter you can reduce the 150 minutes required by doing higher intensity activities such as running and playing sports for 75 minutes per week. It is also recommended to reduce our sitting time. Break it up, stand up and stretch at your desk every hour.

Remember doing something is better than nothing. Start off slowly and build it up each week.

For more information on how and where to be active log onto www.getirelandactive.ie. There may also be a free 5km parkrun available in your area. Parkrun is a free, weekly, timed 5km event for walkers, joggers and runners which takes place every Saturday morning at 9.30am in over 50 locations in Ireland. You can find your local parkrun at www.parkrun.ie. There are also lots of great walking routes available through the Slí na Sláinte routes www.irishheartfoundation.ie. If you fancy getting a bit more closer to nature you can find hundreds of trail routes on www.irishtrails.ie.

