



LOOKING AFTER YOUR MENTAL HEALTH

TRAIN YOUR SOOTHE SYSTEM

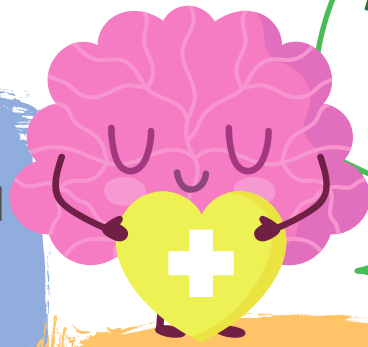
Various breathing techniques can calm both the body and the mind. Try to take some time out of your day to focus on your breath.

SCHEDULE REGULAR BREAKS

Refresh your mind by stepping away from your environment for a minute or two.

TAP INTO POSITIVE EXPERIENCES

What's working well for you? What are you thankful for?



HOW DO YOU CARE FOR YOURS?

CHALLENGE YOUR INNER SELF CRITIC

Talk to yourself as you would a good friend.

MISTAKES HAPPEN

Nobody is perfect. We all make mistakes. It's how we learn and cultivate self-compassion.



BEING THE BEST YOU CAN BE!

SUPPORT

HEALTHY RELATIONSHIPS

SELF-CARE & SELF-COMPASSION

ENERGY & MOVEMENT

SLEEP & NUTRITION

On-duty EAO available: 0818 008 120

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