

# HSE Health and Wellbeing

## Minding your Wellbeing Programme

### Partner Pack

#### November 2020

### What is the Minding your Wellbeing Programme ?

This programme provides a unique opportunity for people to learn more about key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience. The Minding Your Wellbeing Programme aims to provide simple tools and guidance for people to develop and maintain a positive outlook by looking after their mental health and wellbeing. The new series of 5 online videos will make the Minding your Wellbeing programme more accessible to the public.



**Minding Your Wellbeing**  
Take a positive approach to your mental health

You will learn about



**yourmentalhealth.ie**  
Information | Support | Services  
1800 111 888



## Background

This is the first time that HSE Health and Wellbeing has developed an on-line programme focusing on positive mental health for the public.

In 2015 a Healthy Ireland team along with a Positive Psychology team in the University of Pennsylvania explored how best to support mental health and wellbeing in Ireland. From this consultation a face to face Minding your Wellbeing programme was developed.

The original Minding Your Wellbeing programme was established in 2016. It is a one day programme offered to HSE staff and other partners including teachers. To date a total of 230 courses have been delivered by Health Promotion staff to more than 3,500 individuals.

This new programme has been adapted from that original face to face programme. The new series of online videos will make the Minding your Wellbeing programme more accessible to the public.

The focus is on various elements of mental health and practical tips on how people can promote their own self-care and build their resilience.

As people look for more support in relation to their mental health & wellbeing, it is important that they have access to practical evidenced based information.

This programme is part of our delivery on the Healthy Ireland Strategy and the Connecting for Life Suicide Strategy.

The Minding Your Wellbeing programme encourages people to reflect and practice ways to support their mental health, and provides the tools and supports to assist in maintaining a positive outlook.

## What is the Minding Your Wellbeing programme ?

This programme provides a unique opportunity for people to learn more about key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience. As the public continue to adapt their lifestyles to deal with COVID-19 and are faced with different challenges in this context, Minding Your Wellbeing aims to provide simple tools and guidance for people to develop and maintain a positive outlook by looking after their mental health and wellbeing.

The 5 videos are available on [Yourmentalhealth.ie](https://www.yourmentalhealth.ie) and on YouTube under HSE Health and Wellbeing

1. [Practicing Self-Care](#)  
Invites participants to develop and think about their own 'self-care toolkit' which includes all the healthy habits we can adopt for our mental health and wellbeing
2. [Understanding Our Thoughts](#)  
Invites participants to reflect on their own thinking and how thinking patterns can impact wellbeing
3. [Exploring Emotions](#)  
Invites participants to notice their emotions and increase their positive emotions to improve their wellbeing
4. [Building Positive Relationships](#)  
Invites participants to nurture, value and foster positive relationships which are so important for mental wellbeing
5. [Improving Our Resilience](#)  
Invites participants to build their resilience, learn about the building blocks of resilience including the importance of focussing on strengths.

Watch Anne Sheridan, Programme Manager, Mental Health & Wellbeing introduce the Minding Your Wellbeing Programme.

You can use this video to promote the programme.

<https://t.co/PdAXMWdgvq>

## How can you help?

We are asking for your continued support,

1. Talk about the Minding Your Wellbeing Programme, signpost people with questions in relation to their own wellbeing or wellbeing of others to [Yourmentalhealth.ie](http://Yourmentalhealth.ie)
2. Share and comment on our videos and social media posts to promote the Minding your Wellbeing Programme.

## Key Messages

1. The Minding Your Wellbeing programme is Free and available to everyone
2. Minding Your Wellbeing aims to provide simple tools and guidance to develop and maintain a positive outlook by looking after your mental health and wellbeing.
3. This programme focuses on the promotion of mental wellbeing
4. It has been adapted from a face-to-face programme into a series of short online videos for the public at this time.
5. It's free to access anytime

## Social Media Content

We welcome your support in promoting the key messages of the campaign by tweeting or retweeting, posting or sharing and engaging with the below content on your social media platforms.

**Please show your support by comments and sharing content on Hashtags:** #MindingYourWellbeing #KeepWell

**Channels:** @HSElive, @HSE\_HR, Your Mental Health social channels, HSE Health&Wellbeing social channels

**Twitter handle:** @HSEhealthandwellbeing @HSELive

# Campaign Images for Social Media

## 1. Practicing Self-Care

Explores the benefits of good 'self-care' and encourages participants to build their own 'self-care toolkit' which includes healthy habits for our mental health and wellbeing.



#MindingYourWellbeing is an online programme promoting mental well-being. The series of short videos are free to access anytime. Session 1 explores the idea of self-care and how you can build it in to your day and life: <https://bit.ly/38ew0ev>

## 2. Understanding Our Thoughts

Invites participants to reflect on their own thinking and consider how thinking patterns can impact well-being.



Session 2 in the Minding Your Wellbeing online programme is about understanding our thoughts. The video invites you to reflect on your thinking and consider how thought patterns can impact well-being. You can watch the video here: <https://bit.ly/34Uc9z5>

#MindingYourWellbeing

### 3. Exploring Emotions

Encourages participants to notice their emotions and increase their positive emotions to improve their wellbeing



The #MindingYourWellbeing programme offers simple tips to promote positive mental wellbeing. Session 3 is about increasing positive emotions. Teresa McElhinney guides you through the process in a short video. Check it out here: <https://bit.ly/34Uc9z5>

### 4. Building Positive Relationships

Discusses ways in which participants can nurture, value and foster positive relationships which are so important for mental wellbeing.



The most important contributor to positive mental health and well-being is to have good relationships.

#MindingYourWellbeing explores how to build positive relationships in the programme's fourth session: <https://bit.ly/34Uc9z5>

## 5. Improving Our Resilience

Invites participants to build their resilience, learn about the building blocks of resilience including the importance of focussing on strengths.



Our resilience has been tested over the past few months due to #COVID19. But there are ways we can improve our resilience. Teresa McElhinney explores this in the final session of the Minding Your Wellbeing programme. <https://bit.ly/34Uc9z5>

### Programme Launch

There was a great deal of interest in the webinar with over 800 people in the audience on the day and over 1,300 registering for the event. Here is a link to the recording of the [Launch Webinar](#).

*Thank you again for your interest in the Minding Your Wellbeing programme and for your support in spreading the word and promoting the programme to others.*

## **Additional Supports available to public:**

- [Yourmentalhealth.ie](https://www.yourmentalhealth.ie) for information on different mental health issues, including what to look out for and what you can do to help yourself, or someone you care about
- **Freephone 1800 111 888** – you can call this to find out what mental health services are available to you in your own area
- **Irish Hospice Foundation** National Freephone Service 1800 80 70 77 which is available from 10am to 1pm, Monday to Friday. Any adult who has been impacted by bereavement during the COVID-19 pandemic can call.

## **Support available to health service staff:**

- **Coronavirus staff support** <https://healthservice.hse.ie/staff/coronavirus/>
- **The HSE Employee Assistance Programme (EAP)** is a work-based support service for staff and the organisation. This is a confidential independent service. It supports employees with psychosocial issues (psychological and social factors that influence mental health). These issues may be personal or work related, affecting your job performance or home life. Access to [Occupational Health and EAP Staff Engagement](#). The service is free and available to all HSE employees.
- **Silver Cloud Health** is a self-help resource which can help people to manage their mental health needs and stay well. The programmes are free to HSE staff and cover topics on: Dealing with Stress; Building Resilience; Improving your Sleep; and Space from COVID-19. [Click here to access the programmes online](#). Once on the Silver Cloud website, complete the sign-up process and enter the access code HSE2020 when prompted to do so.
- **Health and Safety** additional information or support in relation to, your health and safety queries can be directed to [1850 420 420](tel:1850420420) which is currently the dedicated Healthcare Worker COVID-19 helpline.
- **Two new COVID-19 Psychological Support modules** are now available on [HSE Land](#).
  - Psychological Support: Looking after your wellbeing during Covid-19
  - Psychological Support: Looking after your wellbeing during Covid-19 - A Manager's Guide
- **The HSE library** now provides access to over 200 new mental health e-books and the books are accessible through the library website and on the Borrow box app. You will need an open Athens account if accessing through the [HSE Library](#)