



116 123

SAMARITANS
IRELAND

TAKE TO THE FIELD WITH OTHERS THERE'S STRENGTH IN NUMBERS

Being involved in activities that you enjoy is proven to have a positive impact on how you feel.



Little things can improve your game
yourmentalhealth.ie
#littlethings #GAAhealth



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Little Things campaign



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Health Service Executive



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CATCH UP WITH A FRIEND WHO DOESN'T FEEL UP FOR THE MATCH

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DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS

For the average Irish drinker, drinking less alcohol will have a positive impact on their health and mental wellbeing.



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8 HOURS REST HELPS YOU PERFORM AT YOUR BEST

Getting a good night's sleep as often as you can
is proven to have a positive impact on how you feel.



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KEEPING ACTIVE IS A WINNING TACTIC

Getting regular exercise is proven to have a positive impact on how you feel.



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TAKE A SHOT AT SHARING A PROBLEM

Talking about our problems is proven to have a positive impact on how we feel.



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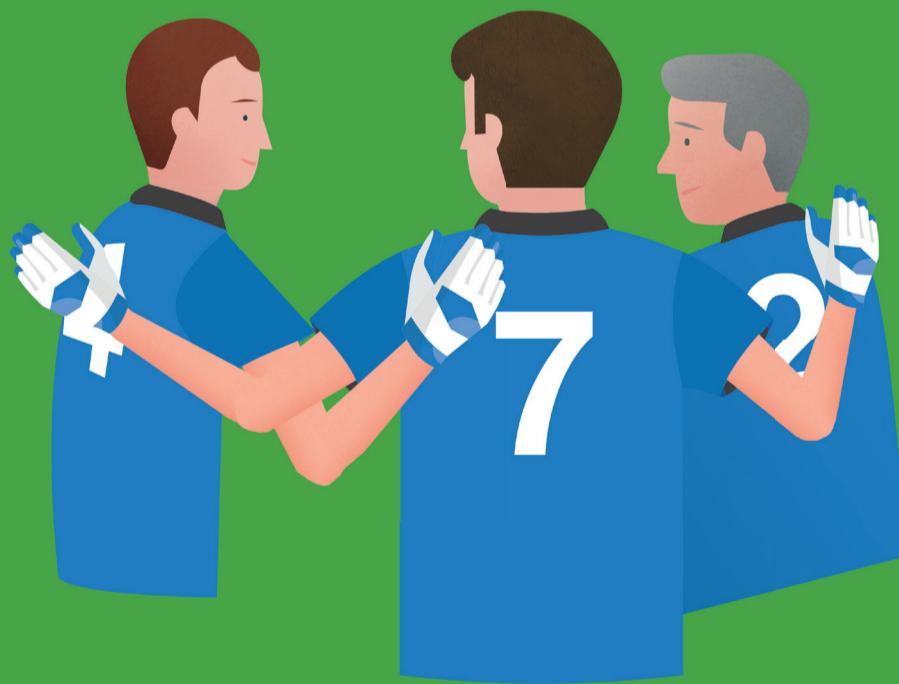


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NÍ NEART GO CUR LE CHÉILE

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BOOST YOUR MOOD WITH HEALTHY FOOD

Eating a healthy, balanced diet is proven to have a positive impact on how you feel.



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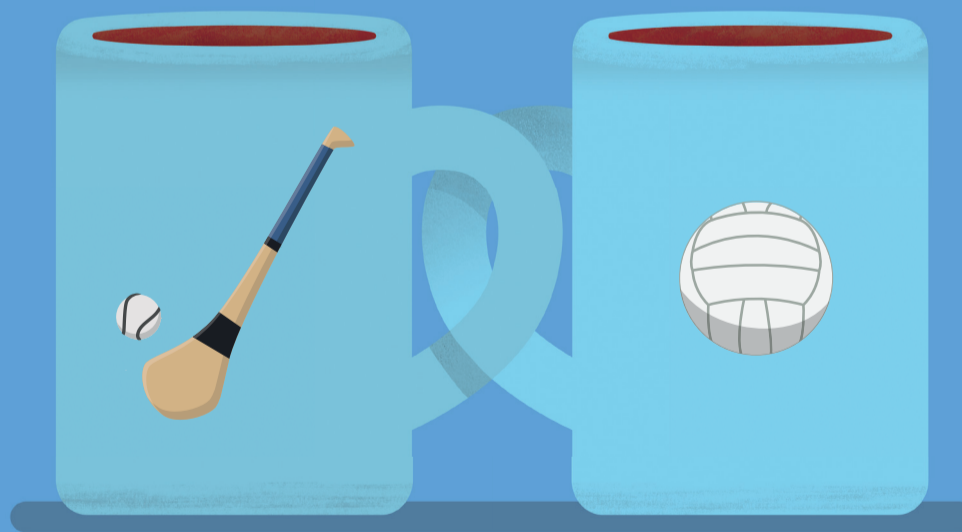


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ADD FRIENDS TO YOUR CUPÁN TAE

Keeping in touch with friends is proven to have
a positive impact on how you feel.



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