

Comhairle Tips for Positive Mental Health for Young People



Dun Laoghaire
Rathdown



Comhairle na nÓg

Young Voices. Local Issues.

About Comhairle na nÓg

Comhairle na nÓg are child and youth councils in the 31 local authorities of the country, which give children and young people the opportunity to be involved in the development of local services and policies.

Dún Laoghaire Rathdown Comhairle na nÓg have worked on the topic Mental Health in school for 2018 and have created ‘Comhairle Tips for Positive Mental Health for Young People’.

Positive Mental Health For Young People

Positive Mental Health enables one to believe in your own abilities, cope with the normal stresses of life, study productively and enjoy socialising.

This booklet was designed by young people for young people to promote positive mental health.

Comhairle Tips for Positive Mental Health



O – Open Communication

Share your thoughts and concerns with someone you trust. Be there for others too.



M – Mindful

Being aware of your body, mind and feelings in the present moment, in order to create a feeling of calm.



H – Health

State of complete physical, mental and social wellbeing. It is important to eat healthy, exercise regularly and get enough sleep.



A – Accept Yourself

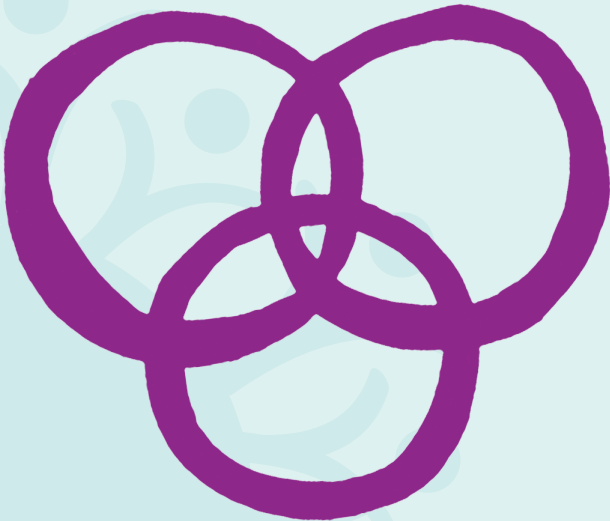
Learn to appreciate yourself.

Love yourself for who you are.



I – Involve Yourself

Involve yourself in activities, groups, events which make you feel good about yourself.



R – Relationships

Positive relationships with family and friends is really important for your wellbeing.



L – Live Your Best Life

Live life to the fullest and focus on the positive.



E – Educate Yourself

Knowledge empowers you.



To access some additional information on Minding Your Mental Health

Aware
www.aware.ie

Mental Health Ireland
www.mentalhealthireland.ie

Pieta House
www.pieta.ie

REACH OUT
ie.reachout.com

Notes

C - Care for Yourself
O - Open Communication
M- Mindful
H - Health
A - Accept Yourself
I - Involve Yourself
R - Relationships
L - Live Your Best Life
E - Educate Yourself



Comhairle Contae County Council