



Healthy  
Longford





Healthy Longford

Recent Highlights-all details available through Longfordcococ.ie



Welcome to seventh edition of Healthy Longford Newsletter for Months of February, March, April and May 2026. We hope that this newsletter is a positive resource in signposting you to Community supports in Longford.

Minister Norma Foley visits the Attic House January 2026

### Local Enhancement Programme (LEP) 2026

Longford Local Community Development Committee (LCDC) invites **online applications** from community groups for funding under the Local Enhancement Programme (LEP) 2026

Funding will support groups, particularly in disadvantaged areas. Funding may be used for necessary repairs and improvements to facilities and/or to purchase equipment

Closes 4pm on Friday, 27 February 2026

For more information, visit the Community Development section of Longfordcococ.ie



Upcoming Funding Opportunities see Longfordcoco.ie

Local groups and community organisations!



Apply for the Healthy Ireland Fund (Longford) Expression of Interest 2026

Grants up to €8,000



Closes Monday, 9 February





Healthy Longford



# Upcoming to Longford

Join us to discuss

## Allotments for Longford Town

**Site Visit** → **Information Session**

Aghadegnan, Longford → Longford Library

🕒 11:00am • 7th February    🕒 12:00pm • 7th February

Scan QR code or Call: 043 334 34 62 for exact location details

Rialtas na hÉireann Government of Ireland

Arna chomhchistiú ag an Aontas Eorpach

Co-Funded by the European Union

government supporting communities

Comhairle Chontae Pobail Rannál an Longfoirt Longford Local Community Development Committee

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the Gaeltacht, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.

Upcoming events including Longford Lights 2026



EMPOWERING COMMUNITIES PROGRAMME LONGFORD INVITES YOU TO ATTEND OUR:



## EMPLOYMENT, TRAINING AND EDUCATION WORKSHOPS



- You Will Get To:**
- Prepare Your Curriculum Vitae (CV)
  - Practice Mock Interviews
  - Write Job Applications
  - Find Out Information on Education, Training and Apprenticeships.
- Starting on March 19<sup>th</sup> and 25<sup>th</sup> and April 2<sup>nd</sup> 2026 at the Ardnacassa Community House (4 Palace Crescent, N39 A4W9) from 11 am to 1pm.

Phone Angela 087 6471349 or Ronán 087 3680859  
Community House, 4 Palace Crescent, Ardnacassa

Or find us on Facebook or Scan Our QR Code, Empowering Communities Project Longford and WhatsApp for Dates and Times of Activities



QR Code

\*The Empowering Communities Programme is funded by the Department of Rural and Community Development\*

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# Ongoing in Longford



**SEE Something / SAY Something**  
**TEXT LONGFORD**  
 with incident and location details to  
**50555**

SEE Something SAY Something is a community engagement initiative of An Garda Síochána and Longford Local Community Safety Partnership



## Free Period Products

Take what you need



Free period products are available at the following County Longford locations:

- All Longford County Council offices
- All six County Longford Libraries
- Longford Women's Link
- Bridgeways Family Resource Centre, Ballymahon
- Longford EDI Centre
- Ardnacassa Community Houses
- MacEoin Park Community House

hi Healthy Longford | AN LONGFORT | An Roinn Sláinte Department of Health

Empowering Communities Programme  
Longford Invites You To Join Our:

## Kids Choir/Music Group

**Location:** Ardnacassa Community House  
 (4 Palace Crescent)

**Age:** 8 to 14 Years Old

**When:** Every Wednesday Afternoon

**Time:** 4:30pm to 5:30pm

**Free of Charge !!**

Please Call or WhatsApp Ronán 087 368 0859 or Angela 087 6471349 for further information



QR Code

Or find us on Facebook or Scan Our QR Code, Empowering Communities Project Longford and WhatsApp for Dates and Times of Activities

The Empowering Communities Programme is funded by the Department of Rural and Community Development



**Community Houses in Longford Town**  
 Longford Community Safety Partnership and Slaintecare Healthy Communities in Longford County Council have a community house in Ardnacassa and also one in McEoin Park.

Both community houses are warm welcoming spaces and are available for room rental. For more information or to arrange a viewing of the space available for room rental email [communityhouse@longfordcoco.ie](mailto:communityhouse@longfordcoco.ie)



**CYPSC**  
 CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES  
 Longford Westmeath  
 Child, Youth & Family  
 Events Calendar

All details available on [www.cypsc.ie](http://www.cypsc.ie) & search Longford Westmeath or on Longford Westmeath CYPSC Social Media Page





## February 2026-

- Feb 1-28 Fibre February
- Feb 1-28 Oesophageal Cancer
- Feb 4 World Cancer Day
- Feb 9 International Epilepsy Day  
Epilepsy Ireland
- Feb 10 Safer Internet Day  
Webwise
- Feb 15 International Childhood Cancer Day
- Feb 18 National No Smoking Day
- Feb 20 World Day of Social Justice
- Feb 23-Mar 1 Eating Disorder Awareness Week Bodywhys
- Feb 28 Rare Disease Day Rare Diseases Ireland



For information about cancer types, early detection & cancer prevention see [www.cancer.ie](http://www.cancer.ie)  
Irish Cancer Society  
Freephone 1800 200 700

World Cancer Day Webinar 2026 The Irish Cancer Prevention Network is hosting a free World Cancer Day Webinar on 4th February 2026, focusing on “Small Steps, Big Impact: Physical Activity for Cancer Risk Reduction.”

**Free World Cancer Day Webinar**  
Small Steps, Big Impact: Physical Activity for Cancer Risk Reduction  
Wednesday, 4th February 2026 12pm to 1:15pm  
Visit [www.hse.ie/cancerprevention](http://www.hse.ie/cancerprevention) for the registration link  
Brought to you by the Irish Cancer Prevention Network

Irish Cancer Prevention Network

Marie Keating Foundation, breakthrough cancer research, nccp National Cancer Control Programme, Irish Cancer Society, An tSeirbhís Náisiúnta Scagháistála National Screening Service

## March 2026-

- Mar 1-31 Endometriosis Awareness Month
- Mar 4 World Obesity Day EASO WODAY
- Mar 4 International HPV Awareness Day Irish Cancer Society Marie Keating Foundation
- Mar 6 World Lymphoedema Awareness Day
- Mar 8 International Women’s Day
- Mar 12 World Kidney Day Irish Kidney Association
- Mar 13 World Sleep Day
- Mar 16-22 Brain Awareness Week
- Mar 16-22 Nutrition and Hydration Week Mar 21 World Down Syndrome Day Down Syndrome Ireland
- HSE National Social Inclusion office
- Mar 22 World Water Day
- Mar 24 World Tuberculosis Day Tuberculosis Service
- Mar 30-Apr 10 Adolescent and Young Adult AYA Cancer Awareness week Irish Cancer Society Childhood Cancer Ireland

## April 2026-

- April 1-30 National Spring Clean programme
- April 1-30 Bowel Cancer Awareness Month
- April 1-30 Testicular Cancer Awareness month
- Apr 2 World Autism Awareness Day
- Apr 7 World Health Day
- Apr 8 International Traveller and Roma Day
- Apr 11 Cystic Fibrosis 65 Roses National Awareness Day
- Apr 19 World Liver Day I
- Apr 20-26 National Arthritis Week A
- Apr 24-30 World Immunization Week
- Apr 29 National Workplace Wellbeing day

## May 2026

- May 1-31 EU Diversity Month
- May 1-31 Sunsmart Skin Cancer Prevention Month I
- May 1-31 Brain Tumour Awareness Month Irish
- May 1-31 Bealtaine Festival Age and Opportunity
- May 5 World Hand Hygiene Day
- May 5 International Day of the Midwives'
- May 6 World Asthma Day Asthma S
- May 6 World Maternal Mental Health Day
- May 8 World Ovarian Cancer Day
- May 9-17 National Bike Week
- May 15 Hello How Are You? Mental Health Ireland
- May 16-23 Organ Donation Awareness Week
- May 18-24 National Volunteering Week
- May 29 World Health Digestive Day
- May 30 World Multiple Sclerosis Day
- May 31 World No Tobacco Day

All Health Dates as well as information with regard to their website can be found on Health Information Calendar 2026

# Physical Health

## Longford Junior Parkrun

Longford junior parkrun is a FREE 2km event for juniors of all standards, which takes place every Sunday at 9:30am in The Mall Park, Temple Michael Road, Longford. See our home page for more details.




**Safeguarding 2 Club Children Officer**

- Thursday 12 February
- 18:30-21:30
- Zoom
- €20

For more information email [sports@longford.coco.ie](mailto:sports@longford.coco.ie)

Upcoming to Longford Sports Partnerships see their social media page for more details or [www.longfordsports.ie](http://www.longfordsports.ie)

## ABILITY COACHING PROGRAMME INTRO TO BASKETBALL COACHING




**LADIES COUCH TO 5K**

MONDAY & THURSDAYS  
7:30-8:30PM

ARDAGH/MOYDOW GAA PITCH  
N39 FW52



## LADS ON THE RUN Couch to 5k



COMHPHÁIRTIÓCHT SPÓIRT AN LONGFOIRT

AN LONGFORT

SPÓRT ÉIREANN SPORT IRELAND



# Mental Health

**SAMARITANS** A registered charity  
**If you're having a bad day**  
**We're here to talk it through**  
 Call free day or night on **116 123**

See details on balancing stress program at <https://www2.hse.ie/mental-health/self-help/balancing-stress/>



**Balancing Stress - a practical course in stress management**  
 This programme of 6 videos includes practical skills to help with stress, worry, anxiety, low mood and relationship difficulties. Find out about stress and how to manage it  
 HSE.ie

**TIPS TO GET BETTER SLEEP**

- Be mindful of what you eat before bed.
- Don't exercise too close to bed time
- Minimise gadget use.
- Avoid doom scrolling
- Unwind an hour before bed time
- Follow a consistent sleep schedule.



## Some Mental Health Services & Support

- Sosad-1800 901 909
- Samaritans- (see above)
- Pieta House- 1800 247 247 or Text HELP to 51444
- Text about It- Text Hello to 50808
- Childline - 1800 66 66 66


 Managing Stress, Anxiety and Worry - HSE Talking Health and Wellbeing Podcast, Epis... Copy link  
 From a national health authority of Ireland >

## Managing Stress, Anxiety and Worry

Episode #127 HSE Talking Health & Wellbeing  
 with Dr Michelle Howard and Dr Niamh Clarke



Watch on  YouTube

### 4 Simple Steps to Build Healthy Habits

- 1 Start Small**  
 Focus on one habit at a time to avoid overwhelm
- 2 Be Consistent**  
 Create a routine to make the habit stick
- 3 Track Your Progress**  
 Use journals or apps to monitor your daily improvements
- 4 Stay Accountable**  
 Share your goals with friends or family for support


**Mental Health Ireland**

# Food & Nutrition

Please see all updates on Slaintecare Healthy Communities -Community Food & Nutrition Worker Sinead Costello based in EDI Centre Longford on social media Community Food & Nutrition Longford or by contact EDI Centre on 043 33475715



## Eating Well & Nutrition

Small Changes, Big Impact

Nobody likes wasting food. By making small changes to how we manage our food each day, we can make a big difference to our overall food waste and help our nation's goal to cut our climate emissions in half by 2030. Once you start thinking about food waste there will always be something you can do to avoid it and here are some steps to get you started: (see Stopfoodwaste.ie)



## Fibre February

Getting enough fibre helps lower our risk of heart disease, diabetes and weight gain.

When it comes to preventing constipation and maintaining your gut health, fibre is the way to go, along with plenty of fluid intake.

However many of us don't eat enough each day.

## How to stay active and flexible Advice for older adults



### The benefits of being active – if you don't use it, you lose it!

#### Being active helps:

- You to stay mobile and independent
- To keep your heart and lungs healthy
- To keep your bones and muscles strong
- To improve your mood

#### Being active improves:

- Your flexibility and prevents stiffness
- Your brain function and memory
- Your balance
- Your health and wellbeing

As you grow older, it's as important as ever to eat well.

As we reach our mid-60s and older, we begin to have different nutrition needs to keep nourished, strong and healthy.

As an older person, if you are in good health, mobile and living at home, follow our guidelines for a nutritious, balanced diet. If you have a medical condition, please talk to your doctor about the best diet for you.

For More Information on Fibre visit  
SafeFood



## Not around us - Longford

# QUIT

Freephone:  
1800 201 203

National No Smoking Day - February 18  
May 31 World No Tobacco Day




**PROBLEM GAMBLING THERAPY AND SUPPORT SERVICE**

Confidential counselling and support available to those with problem gambling or their concerned other.

Longford County  
083-2025899  
gamblingsupport@bridgewaysfrc.com




This episode of HSE Talking Health and Wellbeing looks at vaping and nicotine use among young people. In this video it introduces the HSE's Take a Deep Breath campaign and share tips for talking to teens, spotting dependence, and knowing when to get help. The episode also outlines how the HSE Quitline and HSE.ie support young people who want to quit.



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# Younger Children



**NEW PEER SUPPORT GROUP  
FOR PARENTS OF CHILDREN  
WITH ADDITIONAL NEEDS**

## Empowering Parents Programme

**This advocacy programme is for parents of children and young people with additional needs, aiming to support parents to acquire the knowledge and skills to effectively advocate on behalf of their children.**

Starting Wednesday 4<sup>th</sup> of February  
for 6 weeks

10.00 AM - 12.30 PM

Longford Community  
Resources N39 RH22

REGISTR USING  
DETAILS  
BELOW:

087 9451771  
ekelly@lcrl.ie



Parent & Toddler Group meeting  
in Bridgeways FRC-Ballymahon &  
Community Families upcoming  
Parenting Program for LCRL &  
Parent & Toddler Grant through  
Longford County, Childcare  
Committee



## BRIDGEWAYS FRC TODDLER GROUP

Every Thursday during School Term  
10.30am - 12pm

Suitable for Babies, Waddlers and Toddlers  
& their parents, guardians, grandparents &  
childminders!

Come along for some play, dance,  
singing, chats, tea & lots of fun!

To register, please contact  
Emer on 085-2551555.  
€3-€5 per family (activity dependent)




The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the Gaeltacht, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.



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# Younger Children



**Edgeworthstown Parent & Baby/Toddler Group**

All welcome

10:30 - 12:00pm

The Green, Edgeworthstown

'Every Week on Tuesday'

CONTACT: BRID 087 412 2922

Parent & Toddler Group meeting in Bridgeways FRC-Ballymahon & Edgeworthstown Parent & Toddler Group. Also upcoming Parenting Program for LCRL & Parent & Toddler Grant through Longford County, Childcare Committee

Longford County Childcare Committee

An Roinn Leanaí, Michumais agus Comhionannais  
Department of Children, Disability and Equality

**PARENT AND TODDLER GROUP GRANTS 2026**

ARE YOU PART OF AN EXISTING GROUP OR LOOKING TO SET UP A GROUP?

**Applications NOW open**

**Application Deadline: COB on Friday, 20<sup>th</sup> of February 2026**

# Children & Adolescents

## Attic House Teen Project Spring 2026

MON	TUES	
<b>First Year Youth Cafe</b> 4pm - 5.30pm  <b>Sensory Stem Group</b> 6pm - 7pm	<b>Girls Group</b> 4pm - 5.30pm  <b>Cooking Group</b> 6pm - 7.30pm	
WED	THURS	FRI
<b>Digital Hub</b> 4pm - 5.30pm  <b>D&amp;D Group</b> 6pm-8pm  <b>Music Generation</b> 6pm - 7.30pm	<b>TY Youth Cafe</b> 4.15pm - 5.30pm	<b>Drop in</b> 1pm - 3pm

Sign up now by scanning our QR code!



**THE ATTIC HOUSE IS OPEN TO ALL YOUNG PEOPLE AGED 13-18**  
Contact Anna on 0861915386 or Frank on 0868222566 for more information.

**Upcoming Programs in Attic House, LCRL and Lus Na Greine FRC**



**COUNTY LONGFORD YOUTH SERVICE**

**7 a-side SOCCER TOURNAMENT**

**Venue: Rugby Club Longford**

**Senior Tournament for Young Players from 14-17 years old**

**Junior Tournament for Young Players from 10-13 years old**

**Thursday 19th February 2026 from 10am to 5pm**

**For more Info Contact Michéal at 0868536445**

**LGBTQI+ & Ally safe space group**

ages: 15+ welcome!

a safe space to relax and connect with friends and new people alike

**support and services will be provided if needed on;**

Friday: 2-4pm, **Granard Youth Hub N39X9V9**  
Extended drop in Saturday: 10pm-1pm **Lus Na Greine**

**Email: LGBTQIFG@gmail.com**  
**Phone Ber: 0868696385**






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# Children & Adolescents

Upcoming Lego at your Library at Ballymahon Library as well as details about Longford Westmeath CYPSC Youth Forum's

## Ballymahon Library Events

**LEGO**  
at your library

- Ballymahon Library
- Wednesday 4<sup>th</sup> February
- 3:30-4:30PM
- 8 - 12 years

Longford Westmeath CYPSC Youth Forum's

Recruiting new members now!

In YOUR hands to create YOUR futures!

CYPSC  
Longford Westmeath

Contact your local forum for details:

- Athlone 085 842 3738
- Ballinacarrigy 044 937 3060
- Ballymahon 085 255 1555
- Granard 043 666 0977

Or drop in to your local FRC for details





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# Parents, Adults & Older People



## LONGFORD WOMEN'S LINK (LWL) PROGRAMME STEPPING STONES

**FREE PROGRAMME**

A ROADMAP FOR WOMEN PARENTING INDEPENDENTLY  
GROW YOUR SKILLS IN BUSINESS, IT, CAREER & ADMINISTRATION

Are you a woman parenting independently & want to develop an idea, career direction, or education?

Then the Stepping Stones Programme might be for you.

A safe space to share your experiences while you learn.

Join our Face-to-Face sessions Every Thursday Morning from 10am to 12 pm



### WHAT TO EXPECT



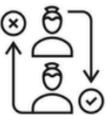
#### CAREER DEVELOPMENT

Focus on personal growth and building self-confidence, goal setting, CV preparation, interview skills, communication, networking and accessing employment or educational opportunities.



#### BUSINESS/ADMINISTRATION SKILLS

Develop your idea, whether it be business or individual career path. Topics included career development, digital skills (Social media, Google tools, Canva, personal branding Microsoft), identifying opportunities, support with business/learning plans and financial literacy.



#### WRAPAROUND SUPPORTS

Regular one-to-one mentoring session and group work with other lone parents and community groups. Access to LWL wraparound support services.

Laptop Loans And Childcare/Transport Support Available



**For More Information**  
Contact Kathleen Dowd  
Director Of Programmes  
Email [kathleen@lw1.ie](mailto:kathleen@lw1.ie)  
Telephone 043 334 1511

Upcoming Programs in Longford  
Women's Link, LCRL and Lus Na  
Greine FRC, Granard

What our Learners say  
**"I am now able to do much more than I ever thought, the future looks brighter now"**



This programme is kindly supported by the Community Foundation Ireland and the Beachaire Fund

**START FROM THE HEART**  
PARENTS SUPPORT GROUP

Starting Monday 9<sup>th</sup> of February  
10am to 12pm  
For 6 weeks

**It helps...**

parents make sense of their early experiences and how these can affect how they manage stress and connect with others and themselves

Open to all parents who want to grow in confidence and understand themselves better

For more info contact Edel on [ekelly@lcrl.ie](mailto:ekelly@lcrl.ie)

Contact number: 087 945 1771



An Ghníomhaireacht um Leanaí agus an Teaghlach  
Child and Family Agency



Healthy Longford

# Parents, Adults & Older People



Upcoming Programs in Longford Women's Link, LCRL and Lus Na Greine FRC, Granard



## Triple P Parenting Course

Ard na cassa Longford Town

N39A4W9

Starting Tuesday

Feb 24th, March 3rd, 10th & 24th 2026

10am-12pm

To book contact Reception 0436660977

or Email : [reception@Lngfrc.ie](mailto:reception@Lngfrc.ie)



## OUR GARDENING CLUB

WITH SYRA EVERY

TUESDAY FROM

11AM-1PM

ALL WELCOME





# Workplace & Family Wellbeing



World Health Organization  
Western Pacific Region

**5 TIPS TO STAY HEALTHY AT WORK**

- ✓ Hydrate with water
- ✓ Take active breaks
- ✓ Eat healthy
- ✓ Manage stress
- ✓ Get a good night's sleep

**Family wellbeing**  
 Safe Ireland Creating Safety for women & children 1800 341 900

**Family Wellness Programme**

- + Holistic Nutrition For Mind and Body +
- + Diet & Fitness +
- + Mindfulness +
- + Parenting
- + Infant Health
- + Budgeting
- + Meal Planning
- + Lots More +

Enhancing wellbeing for all the family

Commencing soon - keep an eye on LW CYPSC Social Media platforms for details

hi Healthy Ireland | Longford | CYPSC | hi Healthy Ireland

### Stress Control

Stress Control will teach you these great skills to fight stress (for most of us, a mix of anxiety and depression) and boost your wellbeing. check out [www.stresscontrol.ie](http://www.stresscontrol.ie)



# Tips for a Healthy Ireland

## Tips for a Healthy Ireland

**Be Active:** for at least 30 minutes of moderate physical activity 5 days per week (adults)

**Eat:** 5-7 portions of fruit & veg per day

**Move:** more and sit less

**Monitor:** your alcohol intake to keep within weekly low risk limits:

17 standard drinks for men per week; 11 standard drinks for Women per week; 2-3 alcohol free days per week; <6 standard drinks on any occasion

**Quit:** smoking and live healthier, happier and longer.  
You can Quit and we can help 1800 201 203

## Useful Links

**Drug Awareness:** [www.drugs.ie](http://www.drugs.ie)

**Mental Health:** [www.yourmentalhealthireland.ie](http://www.yourmentalhealthireland.ie)

**Nutrition:** [hse/healthyeatingactiveliving-www.safefood.eu](http://hse/healthyeatingactiveliving-www.safefood.eu)

**Physical Activity:** [www.getirelandactive.ie](http://www.getirelandactive.ie)

**Pregnancy, Breastfeeding, Child Health:** [www.mychild.ie](http://www.mychild.ie)

**Smoking:** [www.quit.ie](http://www.quit.ie)

**Walking:** [www.getirelandwalking.ie](http://www.getirelandwalking.ie)



If you have anything you wish to have included in the next Newsletter email to [HealthyLongford@Longfordcoco.ie](mailto:HealthyLongford@Longfordcoco.ie)

Or please search Healthy Longford at LongfordCoco.ie or if you have any queries about anything attached please don't hesitate to get in contact.

Laura - 087 2777843  
Healthy Longford

An important reminder from Mental Health Ireland

## 5 Keys to Everyday Mindfulness

### 1. It's About Awareness, Not Emptiness

Mindfulness is paying attention to the present moment. Observe what's happening right now with curiosity and kindness, not judgment.

It's not about emptying your mind. The goal isn't to push away difficult thoughts, but to observe all your experiences as they are.

### 2. It Supports Wellbeing & Reduces Stress

Become less overwhelmed by your thoughts and feelings. Increased awareness can help you manage your mental health and respond to challenges with greater compassion. Can help reduce feelings of stress over time. Regular practice helps you develop a calmer, more grounded response to life's difficulties.

### 3. Practice in Small, Everyday Moments

You don't need long meditation sessions. Weave mindfulness into daily routines, like taking slow breaths while the kettle boils or noticing your feet as you walk. Small moments add up. These brief pauses for awareness can accumulate, making a significant difference to your day.

### 4. It's a Gentle & Personal Journey

Mindfulness isn't for everyone, and that's okay. For some people, or at certain times in life, the practice may feel uncomfortable.

The goal isn't to "fix" yourself. It's about meeting yourself where you are with compassion. Approach it gently and at your own pace.

### 5. Explore Further with Free Resources

Mental Health Ireland offers free tools and support. A variety of accessible resources are available to help you find what works best for you.

What I Can Control Worksheet

Practical Tools

Gratitude Journal

Guided Meditations

Mindfulness for Specific Experiences

Anxiety

Pain

Bereavement