



Top Tips For Your Health and Wellbeing



Thank You



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Top Tips for Mindfulness



Mindfulness is when we pay attention to the present moment. It can help our brain, our emotions, our sleep and our relationships. Try some mindfulness exercises to see if they make a difference.

- 1.** Anchor yourself with your breath, sight, touch, smell and taste.
- 2.** Meditate the everyday experiences. Some things to try might be:
 - When you make a cup of tea pay attention to the movement of your hands, the flow of the water, the sense of sight, taste and smell of the tea.
 - As you walk feel your foot as it connects with the ground.

Top Tips for Movement & Exercise



It is important to be able to rely on your body.

- 1.** Regular exercise improves your heart's health, helps to prevent chronic diseases and helps to maintain a healthy weight.
- 2.** Regular exercise increases stamina and energy levels.
- 3.** Physical activity releases endorphins which makes you feel good.
- 4.** Physical activity helps your sleep and increases energy during the day.
- 5.** Group activities or classes promote social interaction and a sense of community.
- 6.** Try different types of movement - like walking, dancing, swimming, or yoga.
- 7.** Start small.
- 8.** Everyday activities count. Why not take the stairs.
- 9.** Listen to your body before and after exercise. Stop if sore or overtired.

Top Tips for Communicating in Health Settings



It is important that you understand what the medical professional is telling you.

- 1.** You might like to bring somebody with you, to ask questions or to take some notes.
- 2.** It is OK to tell the doctor/pharmacist/nurse that you are worried about the situation.
- 3.** Asking these simple questions can help you make sure you understand the information. Use these as a checklist:
 - What is my main problem?
 - What do I need to do?
 - Why is it important for me to do this?
 - Do I have the information I need?
 - Do I know exactly what I have to do and why?
 - Do I understand instructions about my medication?
 - Do I understand what the doctor told me?

Top Tips for Finding Reliable Health Info Online



It's very important that you get information about your health from trusted sources. If you are searching for health information online, ask yourself the following things to check if the website you are visiting is a reliable source.

- 1.** Who runs the website? For example, is it a hospital or government organisation or charity.
- 2.** What is the purpose of the website?
- 3.** Where does the information on the website come from?
- 4.** Does the website give evidence to support its information.
- 5.** How up to date is the information on the website?
- 6.** Remember chat rooms can be a great support, but opinions cannot replace the advice of a trusted medical advisor.

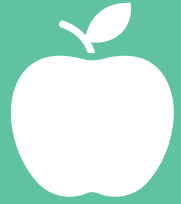
Top Tips for Cognitive Health



Cognitive health is the ability to think, learn, and remember clearly. Here are some tips for taking care of your cognitive health.

- 1.** Take care of your physical health.
- 2.** Manage high blood pressure.
- 3.** Eat healthy foods.
- 4.** Be physically active.
- 5.** Keep your mind engaged.
- 6.** Stay connected with social activities.
- 7.** Address physical and mental health problems.

Top Tips for Food & Diet



Making simple changes to your food and diet can be helpful for your health and wellbeing. Here are some simple suggestions to try.

- 1.** Eat regular meals and snacks.
- 2.** Plan your meals in advance - this helps you eat a variety of nutritious foods.
- 3.** Prepare your meals using fresh ingredients and choose foods like fruits, salads and vegetables for snacks.
- 4.** Use healthier cooking methods like grilling and steaming instead of frying or roasting.
- 5.** Use the food pyramid as a guide for serving sizes.
- 6.** Take time to enjoy your meals sitting at a table.
- 7.** Avoid eating in front of TV or computer screens.
- 8.** Ask your doctor if the “Healthy Food Made Easy” course is available near you.

Top Tips for Mental Health



Good mental health allows people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. The five ways to wellbeing are simple actions you can do everyday to feel good and function well.

- 1. Connect** – Make time each day to connect with family, friends, neighbours and your community.
- 2. Be Active** – Look for ways to be active every day. Discover an activity you enjoy. Dance, run, garden.
- 3. Take Notice** – Be aware of the world around you and what you are feeling. Be curious. Catch sight of the beautiful.
- 4. Keep Learning** – Try something new. Rediscover an old interest. Sign up for that course. Cook a new recipe.
- 5. Give** – Giving to others is good for you. Do something nice for someone else. Thank someone.

Contributing Organisations



Well Westmeath is a literacy friendly health and wellbeing programme being delivered through Westmeath Libraries. It is a joint initiative between Westmeath Libraries, Sláintecare Healthy Communities and the Age Friendly Council Westmeath. Well Westmeath is funded by the Adult Literacy for Life programme.



**Adult
Literacy
for Life**

Adult Literacy for Life (ALL) is a 10 year, whole-of-government and society strategy to ensure that everyone has the literacy to meet their needs. It aims to ensure that literacy is valued and supported at every level of society.

Westmeath Libraries is the public library service for Westmeath County Council. It has libraries across the county. It is free to join and by becoming a member you have access to resources across the country.



Contributing Organisations



Age Friendly Council Westmeath

Older People's Councils are established in every local authority area of Ireland under the local Age Friendly Programme. They are a vehicle to bring the voice of older people into local government and help to inform private and public service provision.



Sláintecare Healthy Communities was launched in 2021 and is a programme to provide increased health and wellbeing services in 19 community areas across Ireland. Co. Westmeath is one of these areas.



Well Westmeath

At Your Library

