



Your Health & Wellbeing

PRESENTED BY Clodagh Erasmus

05.11.2020

Grow provides a safe place where people can tell their story in a confidential and friendly setting. Using a world-renowned program of recovery, based on a 12-step recovery model, our members meet weekly, establish friendships and begin their unique journey towards mental wellbeing.



PART ONE

Your Wellness



The Wellness Wheel



PART TWO

Resilience



Resilience

Suzanne C Kobasa in 1979, described this as a pattern of personality characteristics that distinguished those who remained healthy under life stress, as compared to those who developed health problems

Resilience

Dr Salvatore Maddi 1985 traits to build hardiness:

- Social Support
- Coping Mechanisms
- Eat
- Sleep
- Exercise

PART THREE

Tips to Improve Your Wellbeing



How can you improve your wellbeing?

Sleep

Exercise

Nutrition

Connection with
others

Relax

Talk about it

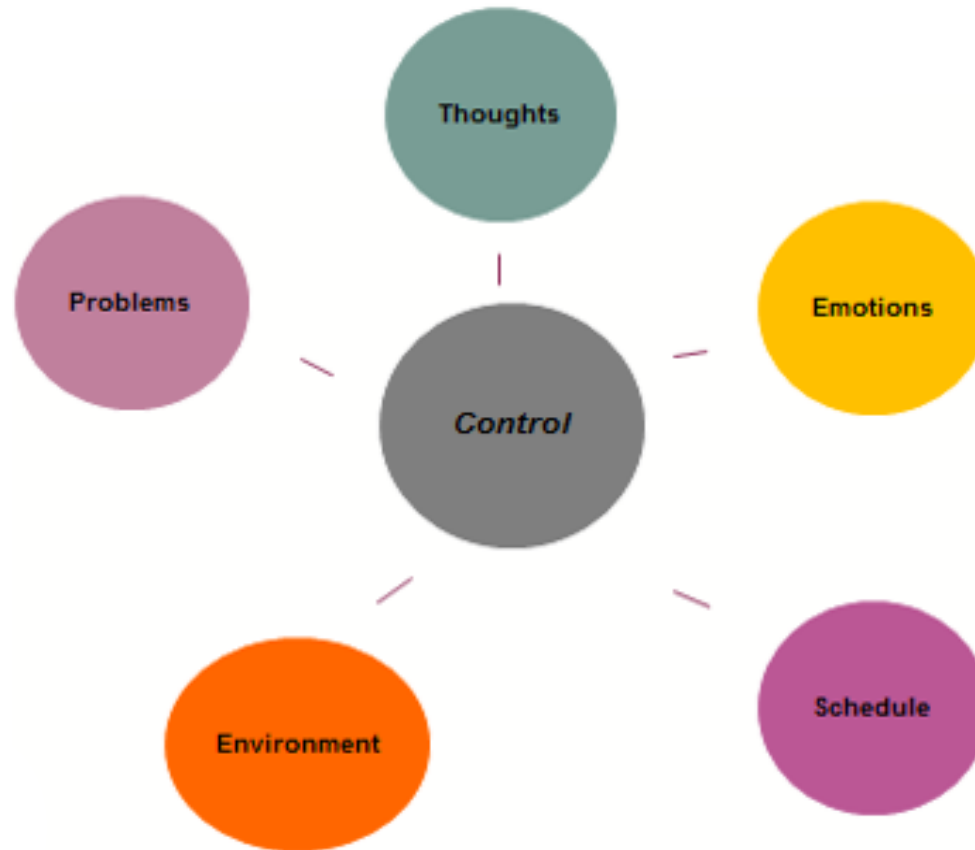
Ask for help

Do something you
enjoy

Get involved

Accept yourself

How can you improve your wellbeing?



Resources



- **Grow:** www.grow.ie
- **Samaritans:** 116 123
- **MyMind** - Online counselling service: mymind.org
- **Healthy Ireland:** <https://www.gov.ie/en/campaigns/healthy-ireland/>
- **In This Together:** <https://www.gov.ie/en/campaigns/together/?referrer=/together/>
- **HSE** – www.hse.ie
- **The Sanctuary:** <https://www.sanctuary.ie>



Thank You

Contact: Clodagh Erasmus

Tel: 1890 474 474 / 086 606 3184

Email: info@grow.ie / clodagherasmus@grow.ie

Web: grow.ie

Grow In Ireland

Registered Charity Number: 20023294

33 Henry Street, Limerick, Republic of Ireland

