



Health Promotion

Resources to Support You in Making a Healthier Lifestyle Choice

Healthy Mind

Mental Health and Wellbeing

The Wellbeing and Stress Management Programme aims to promote a lifestyle approach to achieving overall wellness. The programme will include breathing and relaxation techniques, information on sleep, and models that support effective thinking and thought processes.



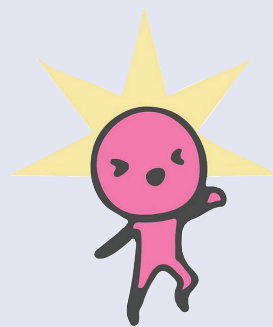
healthy
body



healthy
mind

+

=



happy
life

Additionally, it will provide education on healthy eating, physical activity, social support, alcohol consumption, and smoking. Facilitated for free by the Health Promotion Department

- Self-Referral for Staff email: healthpromotion@beaumont.ie
- Refer Patients via referral form Tel 8093969/3905/2941/
Email: healthpromotion@beaumont.ie

Mental Health and Wellbeing

<https://www.mentalhealthireland.ie/resources/>

Minding Your Wellbeing Programme

<https://www2.hse.ie/mental-health/self-help/tools/minding-your-wellbeing-programme/>

Minding Your Wellbeing Support Booklet

<https://www.healthykerry.ie/wp-content/uploads/2021/09/Minding-Your-Wellbeing-Support-Booklet.pdf>

Wellbeing Building Blocks

<https://beaumont.learningpool.com/course/view.php?id=416>

Meditation and Relaxation Centre, Beaumont Hospital

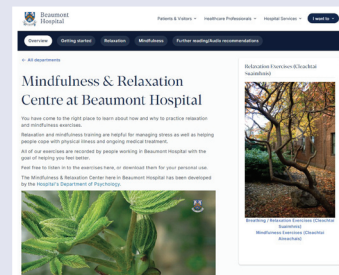
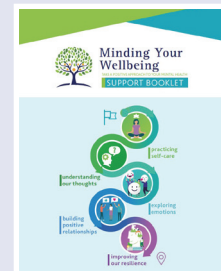
www.beaumont.ie/marc

Balancing Stress

<https://www2.hse.ie/mental-health/self-help/balancing-stress/>

Staff Health & Wellbeing Resources

https://www.healthpromotion.ie/media/documents/Staff_Health_and_Wellbeing-Resources_and_initiatives_for_adopting_healthy_behaviours.pdf



Healthy Eating

How to eat well

<https://www2.hse.ie/living-well/healthy-eating/how-to-eat-well/>

Talking about weight, a guide to developing healthy habits.

HSE, Healthy Ireland, National Clinical programme for Obesity

https://www.healthpromotion.ie/media/documents/HAL01393_HSE-Talking-About-Weight_FINAL_WEB_VERSION.pdf

Healthy Ireland Healthy Eating

https://www.healthpromotion.ie/media/documents/HAL00796_Healthy_food_for_life.pdf

BMI Calculator - Work out your Body Mass Index (BMI)-A measure of your weight for your height.

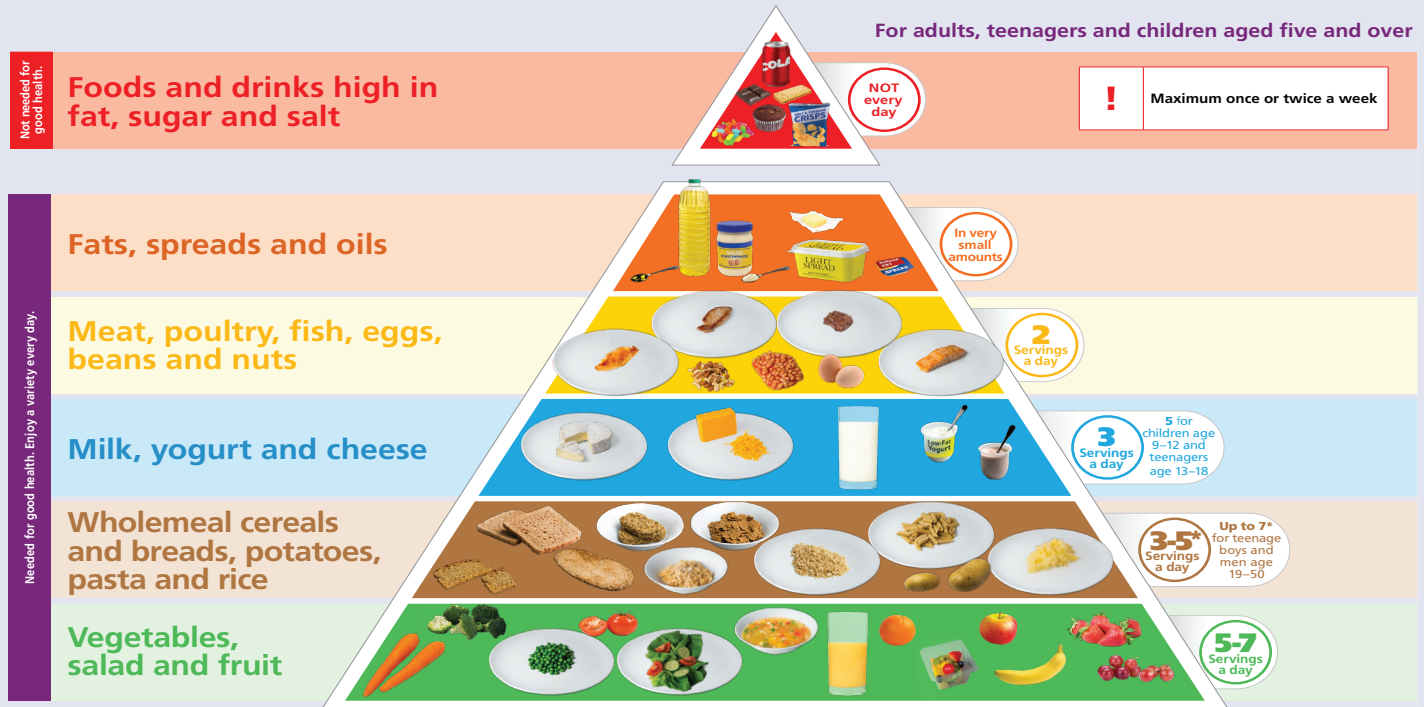
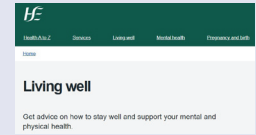
<https://www.bmicalculator.ie/>

Safefood -Healthy Weight for you

<https://www.safefood.net/healthy-weight-for-you/home>

The Healthy Eating Pyramid Dept. of Nutrition, Harvard School of Public Health

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-pyramid/>



Physical Activity

Get Ireland Active

www.getirelandactive.ie



Gym discounted rate for BH staff:

<https://sportslink.ie>



RCSI My Health 20

https://www.youtube.com/watch?v=ljP4cT_czWE



Convert KM's to steps Ref:

Approx. number of steps per km:

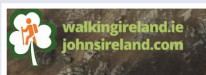
1 km to steps = 1312 steps

2 km to steps = 2625 steps

3 km to steps = 3937 steps

4 km to steps = 5249 steps

5 km to steps = 6562 steps etc.



<https://www.convertunits.com/from/kilometers/to/steps>

Beaumont Hospital Yoga & Pilates Classes.

Contact Sharon Denver

Tel: **086 8469756**



Email: sharondenver@hotmail.com



Online Yoga Classes for Beginners - 8 part series

<https://www.youtube.com/watch?v=eSzB1AbSW-g>

Online Pilates Classes for Beginners - 8 part series

<https://www.youtube.com/watch?v=HTtqxCOuV60>



Convert kilometers to steps - Conversion of Measurement Units

Convert kilometre to step

kilometers

steps

Convert



Alcohol

Alcohol is not needed for Health

Not recommended for:

- Young people under 18 years
- Pregnant and Breastfeeding women

Alcohol contains calories and may promote snacking
2–3 alcohol free days a week is recommended.

Standard Drinks SD

One standard drink contains

Calories: 100–150

Pure Alcohol: 10g



Weekly lower risk limits

Men

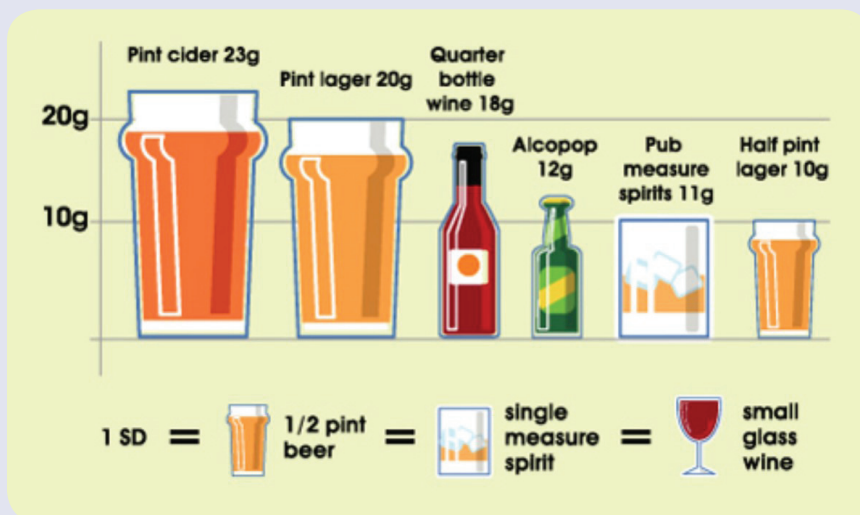
17 standard drinks

170g alcohol over a week

Women

11 standard drinks

110g alcohol over a week



Audit-C Self Assessment Tool

https://www2.hse.ie/wellbeing/alcohol/self-assessment-tool/?gad_source=1&gad_campaignid=9917896740&gbraid=0AAAAADtFcVW_UhBSExVaf40WGH_ehqmkO&gclid=EAlaIqobChMImJSvyl-wjgMVE-JlQBh1u5zPeEAAYASAAEgJIWvD_BwE&gclid=aw.ds#Start

Ask about Alcohol:

https://www2.hse.ie/living-well/alcohol/?gad_source=1&gad_campaignid=2063361088&gbraid=0AAAAADtFcVXIY13lrTqpyiAtn2nib07Mt&gclid=EAlaIqobChM-lolio9JKwjgMVuoBQBh1HPCR_EAAYASAAEgLtd_D_BwE&gclid=aw.ds



Quit Smoking

A free confidential Quit Smoking advice service. Staff will receive information and support to help create a personalised quit smoking plan.

Includes carbon monoxide screening test, tips on motivation to quit smoking, changing smoking routine, managing nicotine cravings and quit smoking medications.

Ongoing follow up support is provided while quitting smoking. Staff can also request information for their family members.

Sign up to a QUIT PLAN by contacting:



Tel: 01-809-2941



stopsmoking@beaumont.ie



www.quit.ie

HSE DUBLIN NORTH CITY & COUNTY STOP SMOKING SERVICE

[https://www.smartsurvey.co.uk/s/dnccstopsmokingservice#:~:text=The%20service%20offers%20weekly%20,1,prescription%20\(through%20a%20pharmacy\)](https://www.smartsurvey.co.uk/s/dnccstopsmokingservice#:~:text=The%20service%20offers%20weekly%20,1,prescription%20(through%20a%20pharmacy))



Make Every Contact Count (MECC)

Personal Life Style Change Training in BORIS

The MECC Training Programme aims to empower employees to make positive changes in their lifestyle behaviours. The CPD-approved program focuses on various Health Behaviour Change Modules, including: Introduction to Behaviour Change and Skills into Practice, Tobacco, Alcohol, and Drugs, Healthy Eating, Getting Active, Discussing Overweight and Obesity and Promoting Mental Health and Wellbeing.

