NHI

nursinghomesireland

Nursing Homes Ireland

Martin Rogan

CEO

Mental Health Ireland

Nov 15th 2018.

Sharing Care & Compassion

Mental Health Ireland

Nov 10th 2018

Promoting Positive Mental Health & Wellbeing

5 Ways to Wellbeing

CONNECT

KEEP LEARNING

BE ACTIVE

TAKE NOTICE

GIVE

CONNECTEDNESS

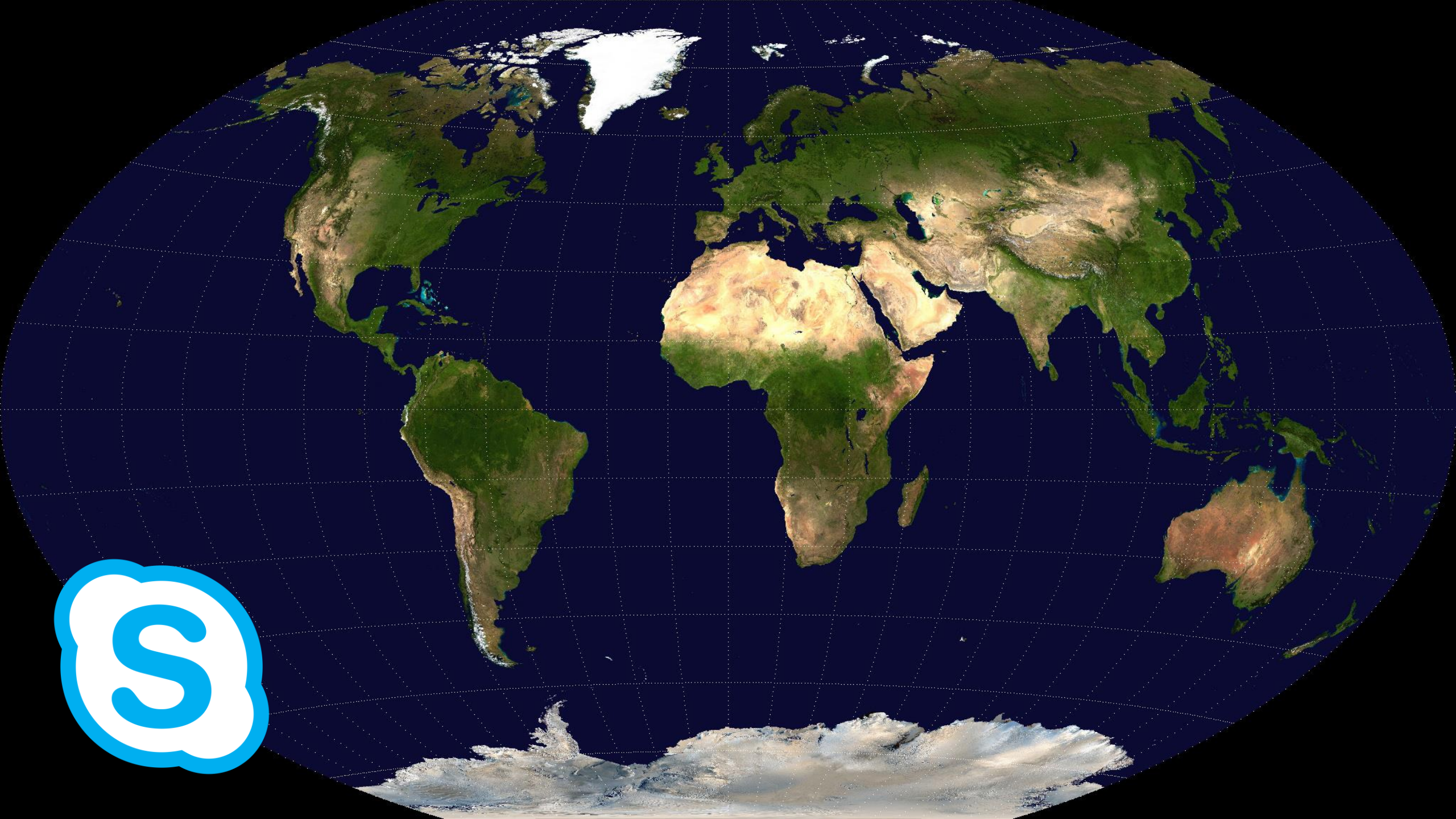
Keep in Touch

Actual Friendships
148
Robin Dunbar, British Anthropoligist

Therapeutic Hugs

Endocannabinoid signaling mediates oxytocin-driven social reward

Don Wei, DaYeon Lee, Conor D. Cox, Carley A. Karsten, Olga Peñagarikano, Daniel H. Geschwind, Christine M. Gall, and Daniele Piomelli
PNAS November 10, 2015 112 (45) 14084-14089; published ahead of print October 26, 2015 https://doi.org/10.1073/pnas.1509795112



CONNECT

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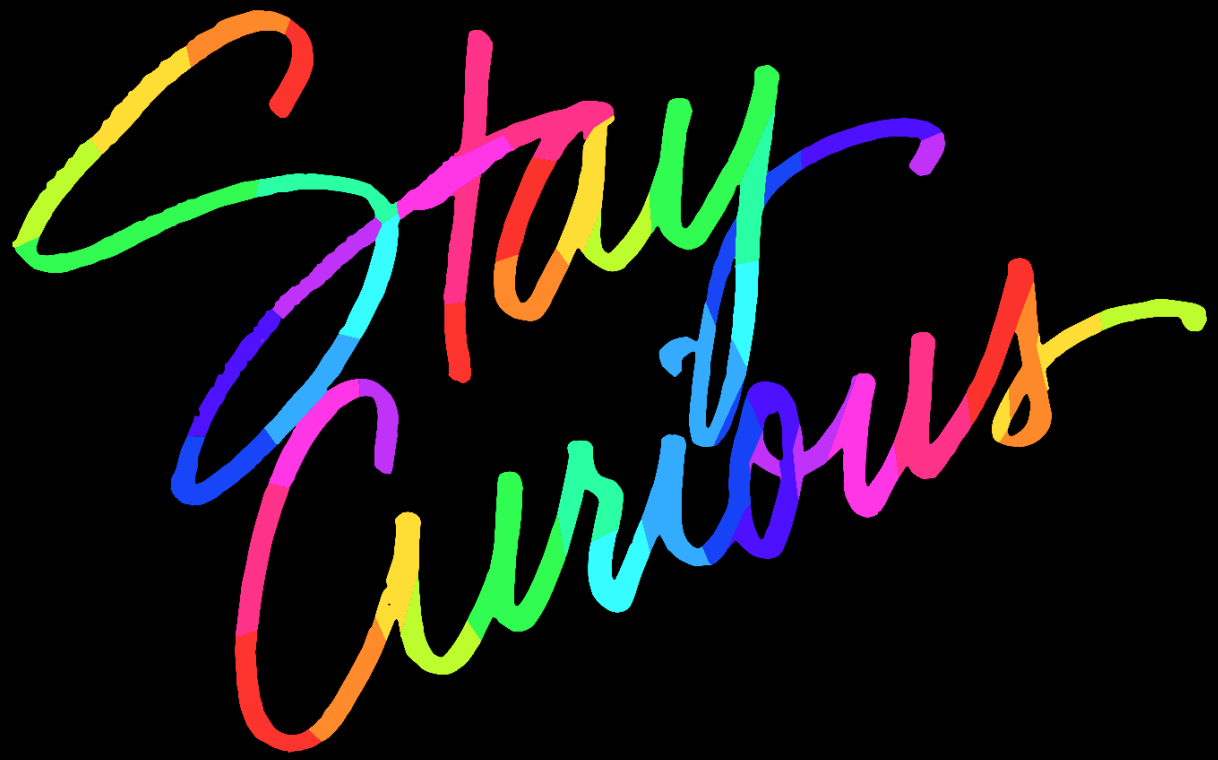
Keep Learning



Stay Curious

Recognise & Understand your own *Learning Style*

Pace your Learning

Use it or Lose it

Apply your Knowledge

Beware of Observer Bias

Teach to Learn

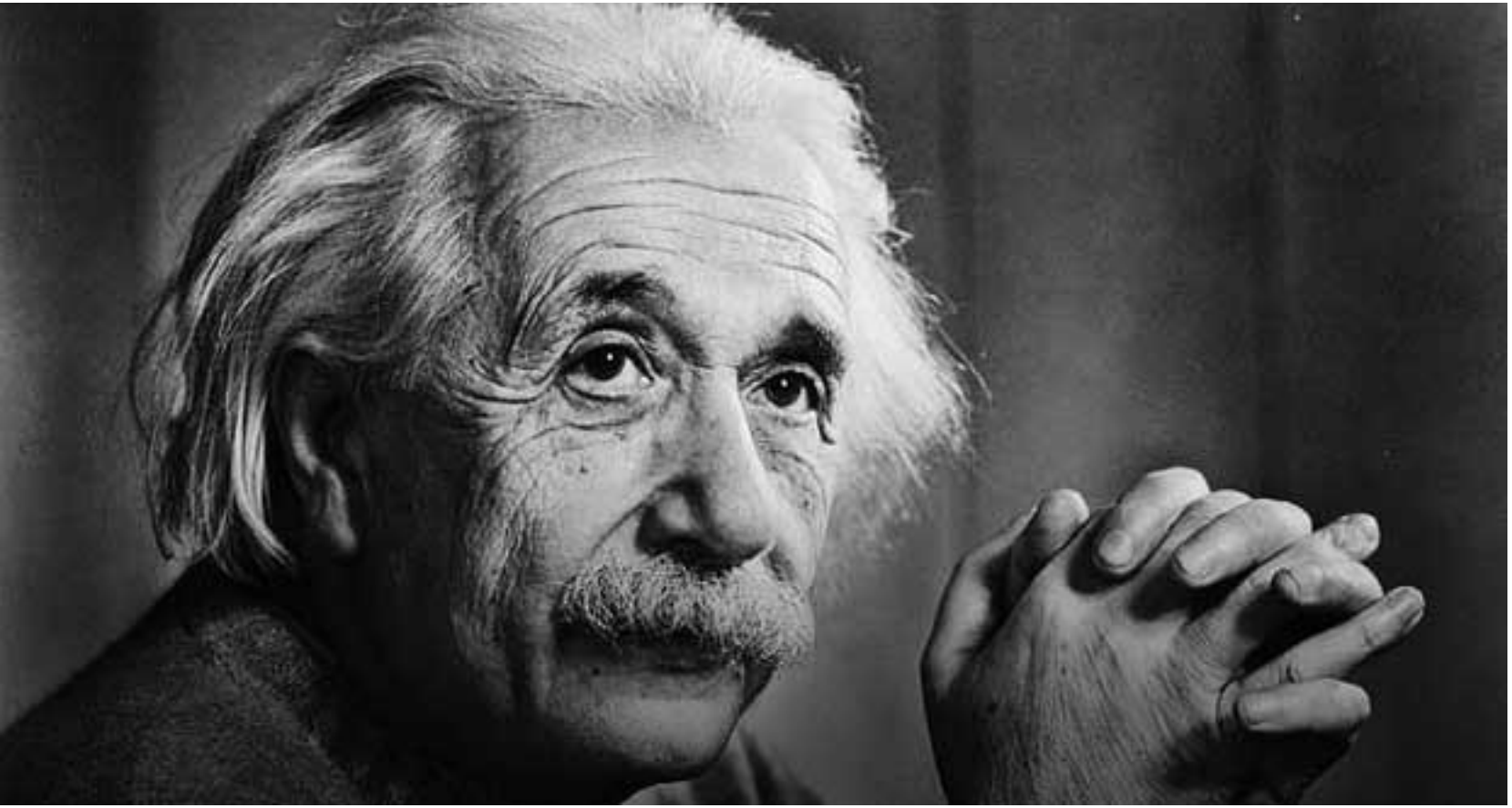
Be Reflective & Stay Alert

Be Willing to Un-Learn

Try some Lateral Thinking

Explore something Completely different!

Keep Learning



Teach
Learn

“If you can't explain it to a six year old, you don't understand it yourself.”

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SITTING IS THE NEW SMOKING

Dr. Yoshiro Hatano
10,000 Steps

Manpo-kei is written as **万歩計**.

万: man – 10,000
歩: po – step
計: kei – measure

Some GOOD NEWS! On an Average 12 hour shift a Nurse walks 4-5 Miles =

10,000 steps

A 2006 study published in *MEDSURG Nursing*, "How Far Do Nurses Walk?", found that the 146 nurses studied walked an average of 4–5 miles during a 12-hour shift. Most Americans walk just 2.5–3 miles during the course of an 18-hour day.

Ideally, Get some Outdoor Exercise

In Natural Daylight
Early in the Day to promote Sleep
Induce Endorphins or Burn Adrenalin
Our Natural Habitat *Green* & *Blue* Walks
Choose a Refl*ective Walk* or a *Social Walk*
Shared Activity, Sport & Companionship
- *Woodlands for Health / Park Run*

Personal Best ?

Exercise shouldn't always be
Competitive or Goal Focused

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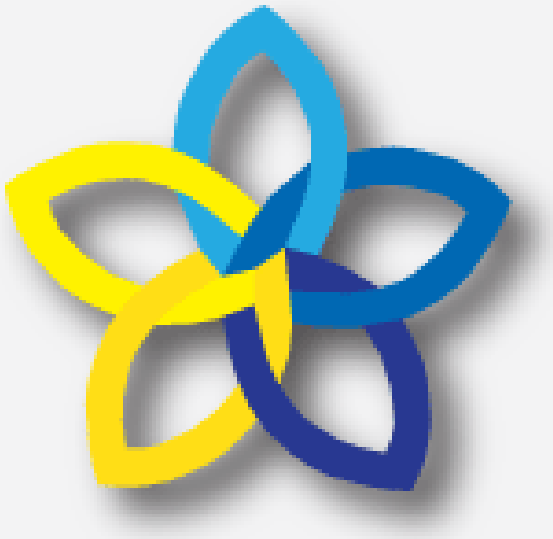
GIVE

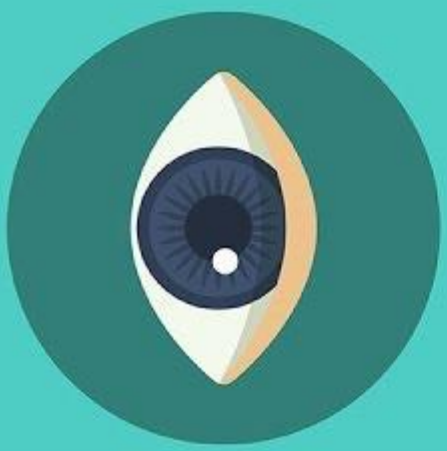
NOTICE
THANK YOU
FOR NOTICING THIS
NEW NOTICE
YOUR NOTICING IT
HAS BEEN NOTED
AND WILL BE REPORTED TO THE AUTHORITIES

Where is your Left Foot Right Now ?



YOUR WELLBEING

Try to Live in the Present



SIGHT

WHAT ARE
YOU
LOOKING AT?

CONNECT

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TAKE NOTICE

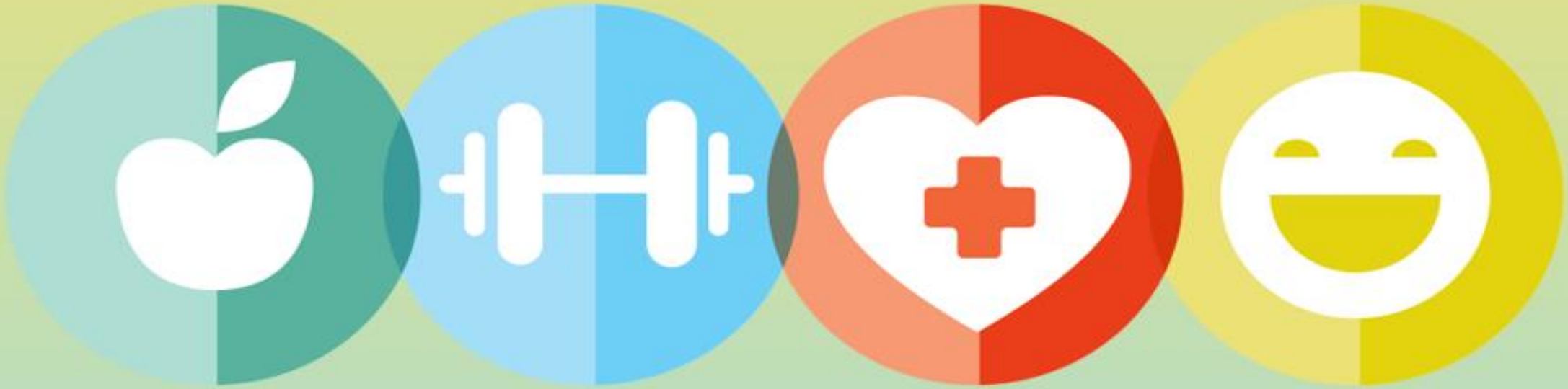
GIVE

Give

Care Giving
Compassion
Reciprocating
Unconditional
Positive Regard
Sharing
Genuine & Authentic

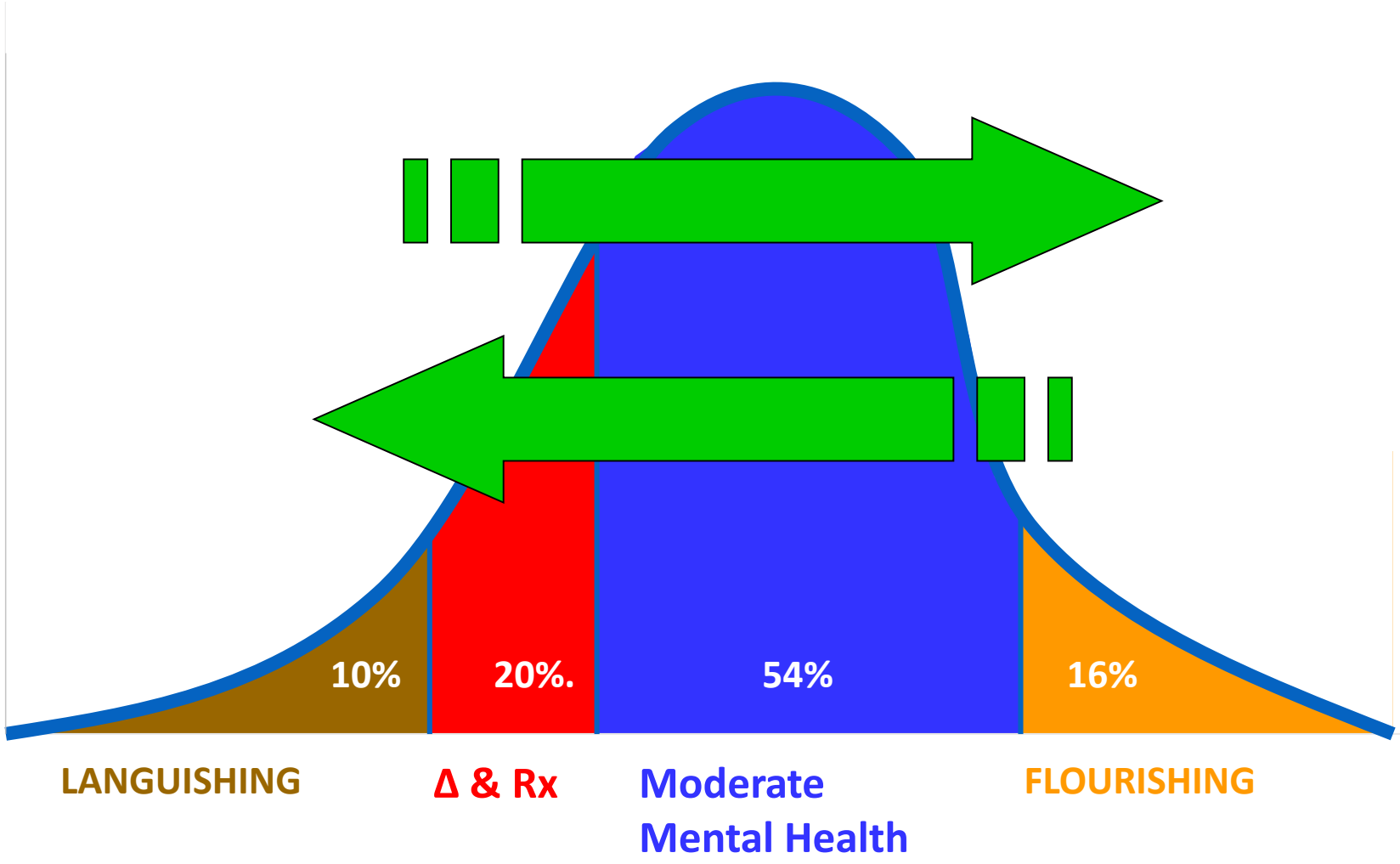
Compassion has to be Authentic & Real

to achieve & protect mental health
take your own advice



entally ill

flourishing or languishing ?



Sustainability

If you don’t Burn Out,
You have Never been on Fire

Leadership

SuperCalloused

Fragile

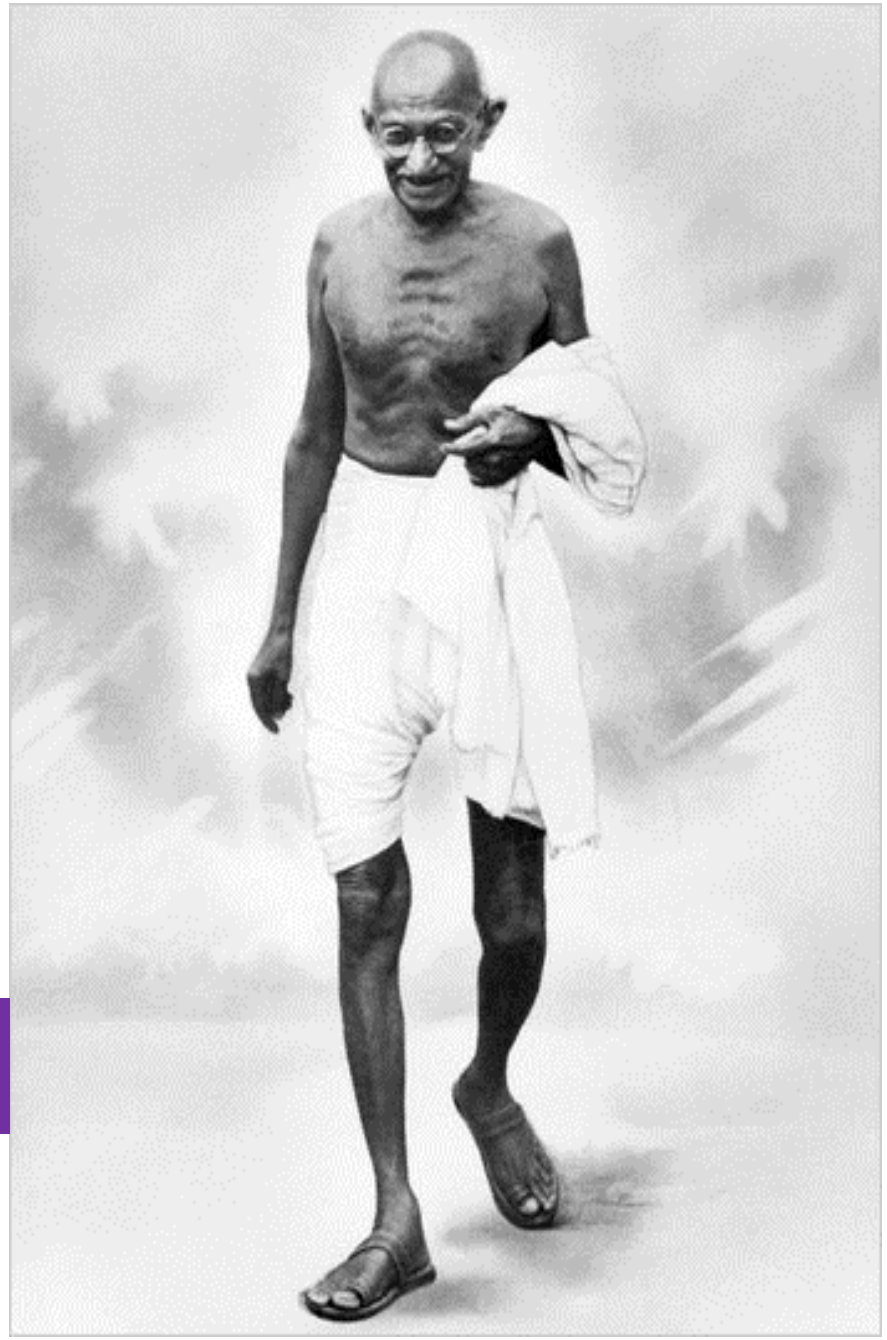
Mystic

Hexed

by

Halitosis

Thank You



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www.mentalhealthireland.ie

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