



CREATING HEALTHY WORKPLACES FOR ADOPTING HEALTHY BEHAVIOURS

The [Health Services Implementation Plan 2023-2027](#) identifies 'supporting staff personal health and wellbeing' as one of its four strategic priority areas. The HSE is committed to providing a supportive environment that protects and promotes the physical, mental and social wellbeing of its workforce.

This brochure presents resources that have been developed at a national level and are available to all HSE staff to support their **Personal Health and Wellbeing** and to create supportive workplaces. The resources and initiatives listed supplement those that may be developed through your local Health and Wellbeing team.

The resources outlined in this brochure are focused on the evidence-based lifestyle behaviours that can help to reduce the risk of developing chronic diseases – being physically active, eating healthily, not smoking, avoiding harmful use of alcohol, and looking after our mental and sexual health and wellbeing.

Resources Addressing a Variety of Lifestyle Behaviours:

Know Your Numbers Wallet Card

Highlights key numbers that indicate general health and wellbeing and signposts to evidence-based websites. Order from healthpromotion.ie



Health and Wellbeing Webinars and Podcasts

A wide range of webinars and podcasts are available on the HSE Health and Wellbeing [YouTube](#) channel.



Minding Your Wellbeing Booklet

Supports users to engage with key messages from the **Minding Your Wellbeing programme** on the topics of mindfulness, gratitude, self-care and resilience.



Staff Lifestyle Assessment Checks*

Cardiovascular disease risk assessment service provided by Irish Heart Foundation nurses. Contact your line manager for information.



**available at the discretion of local line managers*

Living with a Chronic Disease

Self-management Support

Self-management information for those living with a long term health condition (hse.ie/selfmanagementsupport) and free 6-week 'Living Well' group programme (hse.ie/LivingWell).





PHYSICAL ACTIVITY

Being active is very important for both our physical and mental health. **The National Physical Activity and Sedentary Guidelines for Ireland** recommend that adults take part in at least 2 hours and 30 minutes to 5 hours of moderate-intensity aerobic physical activity; or at least 1 hour and 15 minutes to 2 hours and 30 minutes of vigorous-intensity aerobic physical activity throughout the week.

Free Online Exercise Programmes



Available on the HSE Health and Wellbeing [website](#) and [YouTube channel](#). Includes: Pilates; Yoga; Chair Yoga; Strength and Conditioning.

Steps to Health Challenge



5-week team-based challenge to encourage staff to walk a target of 10,000 steps per day. Visit hse.ie/stepschallenge

Slí na Sláinte Walking Routes

Local or workplace walking routes can be used to plan a walk on your break or at lunchtime. Search 'Walking Routes' on irishheart.ie



Cycle to Work Scheme



Tax incentive scheme for bikes (including cargo and electric bikes) and equipment. Search '[Cycle to Work Scheme](#)' on hse.ie



Available to download/order from healthpromotion.ie:

- [Get Active Your Way](#) leaflet
- [Get Active: Go Walking](#) leaflet





HEALTHY EATING

Eating a wide variety of nourishing foods every day provides the energy and nutrients we need for good health. Recommendations include limiting high-fat, sugar, salt foods and drinks; and aiming for 5-7 servings of vegetables, salad and fruit each day.

HSE Healthy Eating Information

Provides information on healthy choices and portion sizes. Search 'healthy eating' on hse.ie Nutrition tips for **shift workers** information is available at irishheart.ie



The Workplace Food Environment

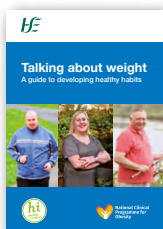
Nutrition Standards; Vending Policies; Healthy Meeting Guidelines and Working from Home tips support you to make the healthy choice the easy choice. Search 'healthy eating at work' on hse.ie.



Weight Management

Living Well with Overweight and Obesity

HSE's 'Talking about weight: A guide to developing healthy eating habits' assists those with excess weight who want to look after their health. Available on healthpromotion.ie



Healthy Weight for You Programme



safefood's free 12-week weight loss online programme provides tailored meal plans. Visit safefood.net/healthy-weight-for-you/Home



Available to download/order from healthpromotion.ie:

- Healthy Food for Life leaflet and posters
- 101 Square Meals recipe book
- Talking about weight: A guide to developing healthy eating habits



QUIT

SMOKING

Smoking is the leading cause of avoidable death in Ireland and thousands suffer from smoking-related diseases. The HSE is committed to reducing the use of tobacco and its harmful health effects by creating a tobacco-free environment for its patients, service users, visitors and staff; and providing evidence-based care for those who wish to quit.

QUIT Services



Supports and resources available:

- quit.ie (website)
- 1800 201 203 (helpline)
- support@quit.ie (email)
- 50100 (Free text QUIT)

Free Nicotine Replacement Therapy (NRT)



For further information, search '**Staff Stop Smoking Support**' on hse.ie

Tobacco Free Campus Policy



Helps to reduce exposure to second hand smoke, change social norms around tobacco; and supports people to quit smoking. Search '**Tobacco Free Campuses**' on hse.ie



Available to download/order from healthpromotion.ie:

- **You Can QUIT: We Can Help** leaflet
- **Growing up Smoke-Free** leaflet
- **Quit Wallet Card**
- **Tobacco Free Campus Wallet Card**





ALCOHOL

There is no 'safe' or 'healthy' amount of alcohol. The less we drink, the lower the risk to our health. The recommended weekly low-risk alcohol guidelines are less than 11 standard drinks for women and 17 standard drinks for men. Drinking within these guidelines greatly reduces the risk of: high blood pressure and strokes; depression and anxiety; seven kinds of cancer, liver disease; and many other alcohol-related conditions.

Ask About Alcohol Supports

Provides resources, including a directory of local supports and counselling services.



Drug and Alcohol Helpline

1800 459 459
(helpline);
helpline@hse.ie
(email)



Self Assessment Tool and Drinks Calculator

Find out what type of drinker you are and how drinking affects your health using the 'Self Assessment Tool' and 'Drinks Calculator' available at askaboutalcohol.ie



Integrated Alcohol Services (IAS)

Specialist community alcohol treatment services in Cork/Kerry and the Midwest, delivering psychosocial interventions and family support to individuals experiencing alcohol use disorder or alcohol dependence.



Available to download/order from healthpromotion.ie:

- Alcohol – A Quick Question leaflet
- Men and Alcohol leaflet
- Women and Alcohol leaflet
- Your Family and Alcohol leaflet
- Pregnancy and Alcohol leaflet
- Getting Older and Alcohol leaflet





MENTAL HEALTH AND WELLBEING

Your mental health is an important part of your overall health. Protecting and enhancing our mental wellbeing enables us to cope with challenging times. Other benefits of good mental health include: feelings of confidence and positivity; healthier lifestyle behaviour choices; and better quality of life and physical health.

Stress Control Programme



stresscontrol™
Face your fears, be more active, boost your wellbeing

Free evidence-based **Stress Control** programme that teaches practical skills to deal with stress. Visit [stresscontrol.ie](https://www.stresscontrol.ie)

Minding Your Wellbeing



Minding Your Wellbeing
TAKE A POSITIVE APPROACH TO YOUR MENTAL HEALTH

Evidence-informed programme focusing on self-care, resilience, emotional wellbeing and mindfulness. Available on the HSE Health and Wellbeing [website](#) and [YouTube](#) channel. One day face-to-face course delivered locally.

Workplace Choirs



Join a workplace choir or set up a choir (using the guidance available on the [HSE Health and Wellbeing website](#)).

Personal Happiness Planner

This free planner will support you to set goals, create positive change, raise your energy and form new habits. Search '[Personal Happiness Planner](#)' on [hse.ie](https://www.hse.ie)



Sleep Advice

Search 'Sleep tips and self-help' on [hse.ie](https://www.hse.ie) for advice and information.

MENTAL HEALTH AND WELLBEING



Available to download/order from healthpromotion.ie:

- **Minding Your Wellbeing** support booklet
- **Looking After Your Mental Health for LGBTI+ People** leaflet
- **Looking After Your Mental Health in Later Life** leaflet
- **Looking After Your Mental Health When You Have Financial Difficulties** leaflet
- **Mental Health in Pregnancy** leaflet



SEXUAL WELLBEING



Your sexual health is an important part of your overall physical, emotional and mental health. It involves having a positive relationship with yourself and with others with regard to sexuality, including the possibility of consensual, healthy and enjoyable sexual activity in adult life.

Sexual wellbeing.ie



Provides a wide range of information and resources on sexual health for individuals, parents and professionals.

National Condom Distribution Service

Free condoms and lubricant can be accessed by anyone from the age of 17 through postal services or community venues. Visit sexualwellbeing.ie





SEXUAL WELLBEING

Free Contraception Scheme

Prescription medication or emergency contraception is currently free to 17-31 year olds. Talk to your GP or visit sexualwellbeing.ie for up-to-date details of the scheme.



Free Home STI Testing Service

Free home STI (sexually transmitted infection) testing service available to anyone aged 17 or older. Visit sexualwellbeing.ie



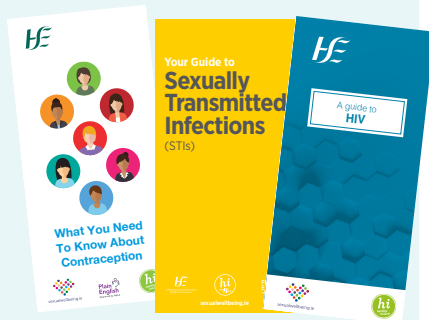
My Options Freephone Helpline

Provides listening support to anyone experiencing an unplanned pregnancy, including information on how to access abortion services. Freephone 1800 828 010 Webchat available at myoptions.ie



A range of sexual health resource are available to order on healthpromotion.ie, including:

- **What You Need To Know About Contraception** leaflet
- **Your Guide to Sexually Transmitted Infections (STIs)** leaflet
- **A Guide to HIV** leaflet
- **HIV PrEP in Ireland** booklet



The resources in this brochure supplement the many other HR resources available to all HSE staff for overall **Workplace Health and Wellbeing**, including **Occupational Health** and **Employee Assistance Programme (EAP)** supports.

Employee Assistance Programme

A free, confidential service provided by the HSE Workplace Health and Wellbeing Unit (WHWU) for staff experiencing issues affecting mental health, job performance or home life. Call **0818 327 327** or visit [hse.ie/EAPandMe](https://www.hse.ie/EAPandMe)



Occupational Health

An independent and confidential advisory service, provided by the WHWU, on matters relating to the 'effect of health on work' and 'work on health'. For contact and referral information: healthservice.hse.ie/staff/benefits-and-services/occupational-health/

A coaching service is available to all staff in the HSE:

Coaching

A free, confidential service provided by Human Resources (HR) to support staff when they want to bring about personal or professional change in their lives or work, to shift their perspective, reflect on their choices and realise their individual potential. Visit healthservice.hse.ie/staff/training-and-development/coaching Contact **046-9251340** or email: hr.nationalcoachingservice@hse.ie



Useful Links

To access staff health and wellbeing resources, including the interactive version of this brochure, scan the QR code below:



www.hse.ie/healthyireland

- www.hse.ie/healthyireland
- www.hse.ie/healthandwellbeing
- www.healthpromotion.ie
- www.quit.ie
- www.askaboutalcohol.ie
- www.sexualwellbeing.ie
- www.healthservice.hse.ie/staff/benefits-and-services/workplace-health-and-wellbeing
- www.hse.ie/selfmanagementsupport
- www.hse.ie/LivingWell
- www.irishheart.ie
- www.healthyworkplace.ie



For the latest updates

- Visit the HSE Health and Wellbeing website (hse.ie/healthandwellbeing)
- Follow us on X (formerly Twitter) @HsehealthW
- Sign up (by emailing healthandwellbeing.communications@hse.ie) to receive the HSE Health and Wellbeing Ezine (hsehealthandwellbeingnews.com)
- Subscribe to the HSE Health and Wellbeing YouTube channel @HSEHealthandWellbeing
- Contact: healthyireland@hse.ie

